

# 6 Shelf-Stable Sukkos Snacks



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Over the course of a weeklong Yom Tov, opportunities for snacking abound. What if we want to munch on goodies that work for us? Many healthy options, such as cut-up fruits, require refrigeration. If your sukkah isn't right off the kitchen, and even if it is, here are 6 shelf-stable beneficial-for-your-body snacks that can be enjoyed (and even stored) in the sukkah.



### Nuts

Nuts are a great shelf-stable source of protein, vitamins, minerals, healthy fats, and fiber. Switch them up by incorporating different textures of a variety of nuts, and also consider including sliced or chopped options. Opt for raw nuts for a more wholesome and organic feel, or dried and roasted for a salty and crunchy snack.



### Popcorn

While the microwave bags of popcorn may be more popular, did you know that it is very easy (and economical) to pop your own popcorn? For stove-top popcorn, all you need are popcorn kernels, oil, and a pot with a lid. Simply pour enough oil to cover the bottom of the pot, add popcorn kernels (less is more: it may take some experimenting to see how many kernels your pot can handle), cover the pot with a lid, and turn the flame onto medium-high heat. Once the oil is hot enough, the kernels will pop into popcorn. Turn the flame off once the popping slows down to prevent your popcorn from burning. Season your homemade, high-fiber snack with salt to taste and/or get creative with other spice-blend combinations.



### Whole grain crackers

I always recommend including a protein with meals and snacks, so try pairing crackers with a protein such as a nut butter or a slice of cheese. When choosing crackers, a whole grain option is a great choice because it is more satisfying and beneficial to the body.



### Dried fruit

Dried fruit such as apricots, prunes, and raisins can be a great way to add nutrient density, as they provide a lot of fiber and antioxidants per ounce. That being said, it's always best to opt for the "no sugar added" options so they are more representative of a fruit than of a sugar-sweetened candy. Also, be careful not to eat too much, because a surplus of dried fruit may be uncomfortable for the digestive system.





### Dry cereal

Think beyond breakfast! A dry cereal can be eaten as a quick snack (on its own or with milk). Just as we want to aim for crackers that are whole grain, it's also a good idea to generally choose cereals that are higher in fiber and lower in sugar. Feel free to compare nutrition labels and ingredient lists for a more informed choice.



### Whole fresh fruit

A bowl or basket with prewashed fresh fruit can serve as a pretty centerpiece/decoration within your sukkah and can double as an easy-to-grab snack option. Consider including a variety of colors and shapes for added visual appeal. Great in-season options include apples, pears, nectarines, peaches, and plums.

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## Long-Term Artificial-Sweetener Intake May Be Related to Greater Volume of Fat Tissue

Previous studies have shown that artificial sweeteners are associated with higher BMI and may promote adipose (fat-storing) tissue accumulation, which may therefore cause an increased risk of obesity. A recent study aimed to discover whether habitual long-term artificial-sweetener or diet-drink intakes were related to a higher amount of adipose tissue. The researchers of this study administered a questionnaire at baseline, year 7, and year 20 of a greater study called the Coronary Artery Risk Development in Young Adults cohort (CARDIA) study.

Over 3,088 participants with a mean age of around 25 years old, and BMI of 24.5, were included in the study. Ultimately, total artificial sweeteners (with the exception of sucralose), aspartame, saccharin, and diet-beverage intakes were associated with higher adipose tissue, in addition to greater risk of obesity. Researchers admit that further studies are needed to better understand the link between artificial sweeteners and adipose tissue, and they do not yet have concrete recommendations. However, they caution that since there may be consequences for the use of artificial sweeteners, consumers should consider other alternatives as well.

## Minimize Risk of Kidney Stone Formation by Focusing on Diet

According to the Mayo Clinic, kidney stones are “hard deposits made of minerals and salts that form inside kidneys.” A recent study aimed to explore the correlation between kidney stone formation and diet took place in Switzerland. Study participants included 261 adults with either more than one kidney stone episode, or one episode with other factors such as having a history of nephrolithiasis (i.e., kidney stones) or stone formation before the age of 25 years old. The subjects were then compared to a control group of participants from the general Swiss population without a history of kidney stones.

Ultimately, findings showed that people with kidney stone history had a similar diet to those without any history of kidney stones, with a few notable differences. Individuals who had suffered from kidney stones had a history of drinking more diet soda and less alcohol, in addition to consuming less vegetables. More studies are necessary to fine-tune recommendations, but in the meantime, this study shows even more reason to eat more vegetables and focus on increased consumption of unsweetened beverages such as water. ♥

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