



Dietitians Identify Top Healthy Packaged Snack

Description

Recent advice from dietitians suggests that not all packaged snacks are unhealthy. Specifically, they note that roasted chickpeas can be a nutritious option. These snacks offer both protein and fibre, which can help reduce cholesterol levels and improve digestion.

Many people avoid processed foods due to their links with health issues like cardiovascular disease and diabetes. However, Amanda Crowe, a registered dietitian, argues that convenient snacks can benefit those with busy lives. Roasted chickpeas stand out due to their combination of protein and fibre, promoting fullness and stable energy.

Roasted chickpeas are particularly beneficial for heart health. They provide soluble fibre, which is effective at lowering cholesterol. Amy Brownstein, another dietitian, highlights that these snacks can replace less healthy options like chips, which are often high in saturated fats and low in fibre. Yet, consumers should be cautious with sodium levels, which can vary widely between brands.

In addition to their nutritional value, roasted chickpeas support digestive health due to their fibre content. This can enhance regular bowel movements and support a healthy gut. Each one-ounce serving contains about five grams of fibre.

Moreover, roasted chickpeas are rich in essential micronutrients like manganese and iron, which are vital for energy and overall health. Despite being often overlooked, these nutrients can have significant benefits for the body.

For better snacking habits, dietitians recommend mindful eating, preparing snacks ahead of time, and choosing options that prioritise satisfaction over calorie count. Roasted chickpeas exemplify a nutritious, accessible snack choice.

Vocabulary List:

1. **fibre** //ˈfaɪbər// (noun): parts of plants that help digestion and fullness
2. **cholesterol** //kəˈlɛstərəl// (noun): a fat in blood that affects heart health
3. **processed** //ˈprɒsɛst// (adjective): changed by machines or factories before eating
4. **saturated** //ˈsætʃəˌreɪtɪd// (adjective): a type of fat often unhealthy when high
5. **sodium** //ˈsoʊdiəm// (noun): a salt in food that affects blood
6. **micronutrients** //ˌmaɪkrəʊˈnu:triənts// (noun): small nutrients the body needs in small amounts



Comprehension Questions

Multiple Choice

1. What nutrient is particularly high in roasted chickpeas that helps with digestion?
Option: Protein
Option: Carbohydrates
Option: Fats
Option: Vitamins
2. Which health issue is commonly linked to processed foods?
Option: Headaches
Option: Heart disease
Option: Flu
Option: Allergies
3. According to dietitians, roasted chickpeas can help reduce levels of what?
Option: Sugar
Option: Cholesterol
Option: Sodium
Option: Calories
4. Which dietitian argues that convenient snacks can be beneficial for busy lives?
Option: Amy Brownstein
Option: Amanda Crowe
Option: Janet Smith
Option: Robert Hall
5. What should consumers be cautious about when choosing roasted chickpeas?
Option: High fiber content
Option: Sodium levels
Option: Low protein content
Option: Cost
6. How many grams of fiber does a one-ounce serving of roasted chickpeas contain?
Option: 2 grams



- Option: 5 grams
- Option: 10 grams
- Option: 15 grams

True-False

- 7. Roasted chickpeas are considered a high-fat snack.
- 8. Mindful eating is recommended for better snacking habits.
- 9. Roasted chickpeas contain soluble fiber which is good for heart health.
- 10. Dietitians claim that all processed foods are unhealthy.
- 11. Each serving of roasted chickpeas is low in essential micronutrients.
- 12. Amy Brownstein is a registered dietitian.

Gap-Fill

- 13. Roasted chickpeas are a nutritious option due to their content of protein and _____ .
- 14. Roasted chickpeas can help improve digestive health due to their high _____ content.
- 15. Many people avoid processed foods due to their links with health issues like _____ disease.
- 16. Each one-ounce serving of roasted chickpeas contains about _____ grams of fiber.
- 17. Dietitians recommend preparing snacks ahead of _____ for better habits.
- 18. Roasted chickpeas provide essential micronutrients like _____ and iron.

Answer

- Multiple Choice:** 1. Protein 2. Heart disease 3. Cholesterol 4. Amanda Crowe 5. Sodium levels 6. 5 grams
True-False: 7. False



8. True 9. True 10. False 11. False 12. True

Gap-Fill: 13. fibre 14. fiber 15. cardiovascular 16. 5 17. time 18. manganese

CATEGORY

1. Health - LEVEL5

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Author

aimeeyoung99

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