

## Lunch and Learn Nutrition Class

### How to Create a Healthier Snack Board!

#### Types of Cheeses

##### Fresh

- Mascarpone: Sweet, Creamy, Italy
  - Pairs with fruit, honey
  - Sauvignon Blanc
- Havarti: Creamy, Butter, Herby, DK
  - Pairs with apples, pears
  - Riesling, lager or green tea
- Feta: Crumbly, Tart, Salty, Greece
  - Pairs well with Greek olives, marinated veggies, crackers
  - Red Zinfandel or sparkling wine
- Queso Fresco: Simple, Pure, Mexico
  - Pairs well with pita or tortilla wedges, veggies
  - Sangria, Pilsner
- Mozzarella, Mild, fresh, smooth, Italy
  - Pickled veggies, tomatoes, oregano, basil
  - Pino grigio or sparkling water
- Fresh Goat Cheese: sweet, tangy, buttery, France
  - Pairs well with crackers, dried fruit, spiced jam
  - Rose wine
- Camembert: Intense, Creamy, Decadent, France
  - Pairs well with crackers or crusty baguette
  - Cherry or apricot lager

##### Blue Veined

- Stilton: Bold, Intense, English
  - Honey, walnuts
  - Port
- Gorgonzola/Blue: Rich, complex, Italian
  - Cranberries, apricots, or cherries
  - Port or robust red wine

##### Hard/Semi Hard

- Cheddar: Rich, sharp, peppery, England
  - Pairs well with sausage or fruit
  - Pale Ale or lemonade
- Gouda: Sweet, Buttery, Netherlands
  - Pairs well with salted almonds, ham
  - Red Zinfandel, Root beer
- Swiss: Hearty, Nutty, Switzerland
  - Pairs well with Ham, pistachios
  - Merlot or IPA
- Parmesan: Salty, nutty, granular, Italy
  - Pairs well with spiced nuts, olives, charcuterie
  - Cabernet Sauvignon

##### Soft-Ripened

- Brie: Rich, Creamy, Earthy, France
  - Pairs well with chutney, dried fruit, fig jam
  - Chardonnay or sparkling water

## What to Include:

1. 3-5 Cheese Choices
  - a. 1-3 oz of cheese per person depending on how many other appetizers are served.
  - b. Choose a variety of cheeses flavors and colors
  - c. Softer are typically lower in fat
2. Meats
  - a. Choose high-quality, nitrate-free, low-sodium options
  - b. 0.5 – 1 oz per person
  - c. Pair with hard and semi-hard cheeses
3. Fruits and Veggies
  - a. Include a variety of pickled, fresh, and dried
  - b. Consider colors and include a variety of them
  - c. Increase these to improve the nutrition of your board
4. Nuts and Seeds
  - a. Full of healthy fats, vitamin E, B vitamins, selenium, magnesium and fiber
  - b. Salted or spiced work well with hard and semi-hard cheeses
5. Bread and Crackers
  - a. Use whole grain options when possible like Triscuits or Nut Thins
  - b. Fresh bread made the day of works best
  - c. Slice bread into small pieces that are easy to eat in 1-2 bites



## Nutrition

1. Choose lower sodium options for bread and crackers (Parmesan, fresh mozzarella, swiss are the lowest sodium options)
2. Choosing a variety of colors of fruits and veggies to add will give you a variety of antioxidants and phytochemicals.
3. Omega-3's: you can use walnuts or crackers with flax or chia seeds to increase the omegas on your board.
4. Jams and honey: Use raw and local honey to promote immunity. And consider lower sugar options.
  - a. Don't use sugar-free options as most are full of artificial ingredients and may cause GI upset
  - b. Consider making your own jam as you can often decrease the amount of sugar.
5. Choose lower sodium and nitrate-free cured meats and choose less of these.

## Colors and Textures

- Think about the rainbow here for maximum antioxidants and phytonutrients! Use red, yellow, green, blue/purple, and white.
- Consider cutting bread, cheese, meats and fruits and veggies into different shapes. Square, circle, triangle, rectangle, etc.
- Add some earthy textures with fresh herbs or flowers for garnish
  - Mint around fruit
  - Rosemary or parsley around meat or cheese
  - Flowers anywhere!
- The board: Choose slate for a more modern look or wood for a more natural look

## Other Tips

1. Create a drawing of how you envision your snack board.
2. Prepare ahead (without the crackers or bread) and store in the refrigerator. Add crackers and bread just before serving.
3. Take the cheese out of the refrigerator at least 1 hour before serving for max flavor!
4. It might be fun to choose a region of the world to create your cheese board around. For example, choose Italy and include Mozzarella, Gorgonzola, and Parmesan.
5. Make signs for the cheese to tell your guest what they are eating!
6. Consider serving utensils: spoons for soft cheese, small knives for firm cheeses and tongs for fruit and nuts. Make sure to put plenty of utensils for guests to use.
7. Choose fruits and veggies that are in season. For winter: apples, bananas, beets, brussel sprouts, cabbage, carrots, celery, grapefruit, kale, lemon, oranges, parsnips, pears, pineapple, sweet potatoes

## Notes

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