

7 SECRETS TO HEALTHY SNACKING



What do computers eat for snack? MICROCHIPS! ☺

Before the secrets are out of the bag, let's explore why healthy snacks are important;

- ✚ They prevent overeating at meal times and curb cravings throughout the day
- ✚ They stabilize blood sugar levels and reduce the number of 'spikes' in our day
- ✚ They help to meet your nutrient needs for the day
- ✚ They keep you from 'hangry' territory

Now that we know healthy snack choices are super important, you may be asking "what types of snacks should I choose?"

1. Aim for 2-3 Food Groups: Instead of having a handful of plain crackers, spread some nut butter or low-fat cream cheese on top. Food combinations allow you to maintain stable blood sugar levels and also help you feel less hungry and reduce your cravings for unhealthy foods. It's also a great way to meet your daily nutrition requirements.
2. Protein Power: Protein is the best nutrient to keep you feeling full longer. Some great protein options are cottage cheese, turkey meat sticks, hummus, hard boiled eggs and so many more.
3. 100 Calorie Snack Packs: Most 100 calorie snack packs don't have those hunger-taming nutrients that keep you feeling full longer. Research shows that stopping at one of these delicious little package is tough and can lead to eating more than you planned. Try pairing with a protein, like a handful of almonds or a healthy fat, like a yogurt cup or cheese string.
4. Opt for Low GI snack foods more often: Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods based on how much they raise blood glucose levels. Low GI foods are digested more slowly and do not raise blood glucose as high, or as quickly, as high GI foods. See a GI food list and find out more about glycemic index [right here](#).
5. Liquid snacks: Beware of going for your go-to sweet beverage like an Arizona or Frappuccino for a snack. They have lots of hidden calories and sugars and typically leave you feeling hungry and unsatisfied. Unless it's a homemade smoothie, liquids snacks are best left as treats once in a while. Read more about [sugary drinks in my blog post here](#).
6. Plan your snacks: Just like you shop for meals, include items for healthy snacks on your list (generated by Mealgarden as you schedule!) Snack times and portions will vary for each person but as a rule of thumb; 2-3 snacks per day between meals about 150-250 calories per snack.
7. Mindful snacking: We're so good at multitasking but we benefit from letting our snack be the 'star of the show'. Next time you take a break or sit down to snack, avoid your electronics and just enjoy!

[YOU CAN DOWNLOAD A LIST OF MY FAVORITE SNACK COMBINATIONS HERE](#)