

## 7051 - Healthy Snacks for a Healthy Body!

When it comes to healthy snacking many people think they don't have time or do not want to consume 'extra calories' from snacks, so they skip out on important meals. But the fact of the matter is snacking can help boost your metabolism while helping you meet your body's nutritional needs.

### 🌱 How does snacking boost metabolism?

Your metabolic rate is the pace at which your body burns fat and food for energy. The more frequently you eat, the more your body is at work burning energy hence keeping your metabolism going. Therefore eating more frequently allows you to burn fat more efficiently.

### 🌱 How often should you be snacking?

One should consume small portions of food every 2-3 hours (5-6 small meals) during the day. Studies show that people who add snacks to their diet (eat six times a day), have a faster resting metabolic rate than those who just eat three meals a day.

### 🌱 What happens when you skip meals or snacks?

If you are skipping breakfast, having a small lunch and then over-eating in the evenings, your body begins to feel deprived in the day and will hold onto the food consumed later in the day as a safety mechanism. It will start to shunt consumed calories to the adipose (fat) tissue for storage because the body "knows" it won't be fed for another 6-7 hours, and will start 'holding' onto the ingested food. Therefore, by ensuring you are eating six small meals each day, your body will begin to burn the calories you are taking in for energy right away. If the body "knows" it will be fed again in a couple of hours, storage won't happen. This, in turn, burns fat and calories more efficiently!

### 🌱 Healthy Snack Choices

Nutrient dense snacks are crucial for keeping your appetite regulated and your metabolism going. Meaning, you want to choose foods that will leave you feeling satisfied and that provide your body with the nutrients it needs for proper functioning. Let's look at two snacks, and compare the nutrient density.

Snack 1	Calories (kcal)	Saturated Fat (g)	Fibre (g)	Vitamin C (mg)	Calcium (mg)
Blueberry Muffin	160	1	1	50	<1
Butter (1 tbsp)	108	6	0	0	4
<b>Snack 1 Total</b>	<b>268</b>	<b>7</b>	<b>1</b>	<b>50</b>	<b>4</b>
Snack 2					
4 whole wheat crackers	86	1	2	0	0
Low fat cheddar cheese (1 ½ ounces)	74	2	0	0	176
Apple	72	0	3	6	8
<b>Snack 2 Total</b>	<b>232</b>	<b>3</b>	<b>5</b>	<b>6</b>	<b>184</b>

- 🌱 As you can see, snack #2 contains a similar amount of calories, but has more fibre and calcium and less fat than snack #1. Snack #2 also contains three different food groups: a grain, a dairy, and a fruit. These make it a more nutrient dense choice. This gives your body more nutrients and will fill you up for a longer period of time.

### Healthy Snack Ideas

✓ Yogurt parfait (3/4 cup)	✓ Oatmeal (3/4 cup)	✓ Almonds (1/4 cup)	✓ Whole Grain Crackers and Cheese (4 crackers, 50g cheese)
✓ Skim Milk (1 cup)	✓ Fig Bars (1 bar)	✓ Fruit (1 medium sized or ½ cup)	✓ Dried Fruit Trail Mix (1/4 cup)
✓ Plain Popcorn (2 cups)	✓ Applesauce (1/2 cup)	✓ Cottage Cheese and Pineapple (1/2 cup)	✓ Veggies and Low Fat Dressing/Dip (2 tbsp of dip, 1 cup of veggies)
✓ Boiled Egg (1)	✓ Granola bar	✓ Cereal with fruit (30g)	✓ Bagel with peanut butter (1/2 bagel, 2 tbsp of peanut butter)