

12 Weeks to Weight Loss Success

This Week's Tip:

Smart Snacking

Although you may feel guilty about snacking, this habit is actually beneficial for weight loss! **Snacking helps to manage hunger and reduce the urge to binge.** The key to incorporating snacks is to keep moderation and balance in mind.

Choose foods that satisfy your hunger, supply your body with energy and provide important nutrients. Snacks should be used to get you through to your next meal and keep your hunger at bay – be mindful not to confuse hunger with boredom! If you are unsure whether you are hungry or not, try occupying yourself with another activity for 5-10 minutes. If you are still hungry after this time passes, go ahead and get yourself a healthy snack.

Other great tips for healthy snacking:

- Aim to eat something every 3-4 hours to keep your blood sugar steady.
- Don't wing it with portion sizes – instead of sitting down with a whole bag of pretzels, pour the proper portion into a small bowl to avoid overeating.
- Don't snack spontaneously – plan ahead for your snacks. This will make it easier to reach for an apple instead of a chocolate bar.
- In your home, place those healthy food choices at eye level in the pantry, in cupboards and the fridge. You are more likely to choose what is easily accessible when the urge to snack overcomes you. Keep cut up veggies at eye level in your fridge, keep a bowl of fruit out on the countertop and keep nuts, seeds & whole-grain crackers at eye level in your pantry or cupboards.
- Including fiber & protein in your snacks will be the most satisfying choice and help to keep you feeling more full, longer.



Is that cupcake still calling your name?

Eating healthy doesn't mean you have to give up treats for good!

Follow the 80/20 rule – make 80% of your daily food choices healthy and leave yourself the other 20% of calories to use for “fun” foods. This way you won't feel deprived but you also won't be harming your health by overindulging in excess fat, sugar & calories.

Are you the kind of person who starts with one cookie and ends up eating the whole bag? If willpower is an issue, keep your trigger foods out of the house at all times. When you really want to have that bowl of ice cream, you can have it – but you have to go out to get it! You'll find yourself making other snack choices when there is a higher level of effort required to obtain the item of your desire. This is also a great tip for circumventing cravings that may only be a temporary urge.

Healthy Snack Ideas

- apples with peanut butter
- veggies + hummus
- strawberries with cool whip
- sunflower seeds
- peaches + cottage cheese
- fruit smoothies
- sugar or fat free pudding
- frozen grapes
- greek yogurt + fruits & granola
- pretzel sticks
- cantaloupe with cottage cheese
- animal crackers
- bananas and peanut butter on whole wheat bread
- applesauce
- frozen yogurt
- veggies
- dried fruits
- pistachios
- raisins
- fruit salad
- wheat thins
- almonds
- string cheese
- popcorn
- fruits

Source: www.mayoclinic.com, www.livestrong.com, www.prevention.com