

Healthy Snacking Challenge

We are willing to bet that if you have been making healthy snack time choices over the past week, you are feeling an increase in your daytime energy and a decrease in cravings.

If you are finding yourself struggling, don't become frustrated! We have some great snacking tips to inspire you and keep you on track in the second week of this challenge!

1. Go for an afternoon energy boost with a small serving [12-14] of mixed nuts. Full of healthy fats and fiber, this snack will give you energy to get through the rest of your workday while being good for your heart!
2. Don't wait too long between eating. Going long stretches without food can cause blood sugars to drop, setting off cravings and causing you to overindulge later. Aim to eat a little something every 3-4 hours.
3. Put healthy snacks within eyesight! You may be surprised at how much easier it gets to choose a healthy snack when there is a beautiful bowl of apples and oranges in clear view.
4. Hydration is key! Often people mistake thirst for hunger so make sure you are staying well-hydrated and drinking at least 8 glasses of water daily. You should aim to drink a glass of water with every meal and snack.
5. Use snacks as a way to meet your nutritional needs – it's a great way to ensure you are getting your full 5-10 servings per day of fruits and vegetables.
6. Get moving – studies have shown that taking a brisk 15 minute walk can nix a chocolate craving!
7. Slow down – eating your food too quickly makes your body digest less efficiently and can lead to overeating.
8. Don't snack while distracted! Mindless eating generally leads to overeating and if your mind is preoccupied with something else, it may miss the "I'm full" signal that helps regulate food intake.
9. Avoid salt! Nearly all of us get too much salt and 77% of that salt comes from packaged, pre-processed foods. Choose whole, unprocessed foods wherever possible.
10. Protein & fiber are your friends! Choose snacks that contain protein & fiber and you will find yourself feeling full and more satisfied for longer than if you chose a snack that contained only carbohydrates!



Sources: www.dietitians.ca, www.webmd.com