

TE HEALTH TODAY



SNACKING – A GOOD HABIT

Snacking can be a helpful, healthful habit if you select foods that are good for you and limit your overall caloric intake. Some of us need to retrain our thoughts to convince ourselves that snacking is okay. Snacks can provide an energizing lift to our day and prevent excess hunger which leads to overeating and poor food choices. When snacking, do remember to manage total daily calorie consumption. Don't forget the snacks you have eaten during the day when you sit down to eat your meals.

Snack choice is very important. Many typical snack foods are calorie-rich and nutrient poor. Avoid these and select foods that are nutritious as well as delicious instead. Read food labels carefully: "fat-free" foods may contain a lot of sugar, and "sugar-free" foods may contain generous amounts of fat. Research confirms that eating an apple before a meal can help to reduced caloric and contribute to weight loss. Snacking on a small amount of nuts or seeds has been shown to have similar effects. Nuts and seeds do not contain cholesterol and are good sources of EFA's, protein and fiber. Another way to reduce hunger is by sipping on a large glass of ice water or by drinking hot or cold Energizer Tea.

Snacks to Avoid:

- Soft Drinks, Power Drinks, Sugary Drinks
- Chips and Crackers
- Candy, Cakes and Cookies
- Muffins and Donuts
- Fried Foods
- Drinks and Foods Containing Artificial Sweeteners

Snacks to Enjoy:

- Fruit Smoothies (option: blend with fresh or frozen fruit)
- Protein Shakes (option: blend with fresh or frozen fruit)
- Air-Popped Popcorn, Lightly Salted
- Low-Sodium Tomato or Vegetable Juice
- Dried fruit, such as raisins or apricots
- Fresh Fruit and Fresh Vegetables
- Avocado and Tomato Slices
- Whole-Grain, Fiber-Rich, Cinnamon Toast
- Carrot, Bell Pepper and Celery Sticks
- Low-Fat Cheese with Fruit or Vegetables
- Brown Rice Cakes topped with Peanut Butter or Almond Butter
- Oatmeal topped with Nuts and/or Fruit
- Almonds, Walnuts, Cashews, Hazelnuts, Pecans, Peanuts
- Sunflower Seeds or Pumpkin Seeds