

# Snack Attack ... Again?

Try not to think of snacking as good or bad. Heck who doesn't like a bowl of buttery popcorn while watching Netflix?

The trouble comes when snacking happens too often & sabotages our health goals, whether it's to lose a few pounds, improve blood sugars, heart health or get a good night's sleep.

## Savour the Flavour

*With meals & snacks,  
make every mouthful count*

- take your time, think about the texture & flavour and you may realize you feel satisfied with less
- put your fork down every 2-3 bites
- chew well ... count to 30 ... this helps you eat less & reduces post meal bloating

## Reduce Temptation

- don't buy treats you can't resist or limit to just one vs a few... the more we have, the more we eat
- ask others in your house to join you in your quest to snack less
- buy treats in single serving packages
- when you do snack, serve yourself some in a small bowl & sit down to eat it, not straight out of the bag or while you're standing in the kitchen

## Wonder Why?

*Ask yourself:*

- Did I eat enough during the day today?
- Was I eating on the run?
- Do I eat balanced meals with fibre & protein rich foods?
- Am I satisfied after I eat?
- Am I hydrated?
- Am I bored, stressed, tired?
- Do I eat distracted, while watching TV, surfing the net or working at my computer?
- Do I skip meals to control my calorie intake?
- Is it simply 'that time of day' when icecream calls my name?

**Routine meals & snacks go a long way to ward off cravings.**

**If you eat balanced meals spaced 4-5 hours apart, but still crave foods later in the day, read on for some tips to help with this.**

# Make 'Healthier' the Easier Choice

Pre-prepare your snack  
*before*  
the urge hits

## Craving Crunchy? Try:

- Nuts that you have to shell
- DIY trail mix = nuts + plain Cheerios + spoonful of chopped dried fruit
- Light popcorn = air popped + drizzle of melted butter or margarine
- Whole grain tortilla chips (low sodium) + salsa, hummus or guacamole
- Cucumber & tomatoes tossed in olive oil, vinegar + crack of salt & pepper
- Apple slices & nut butter
- Dry high fibre cereal like Branflakes or Shreddies

## Boost your Hydration!

*Looking for a snack but nothing appeals?  
Got that darn headache again?  
These are often signs you are thirsty, not  
hungry*

### Drink more water.

Make it a habit to drink a glass when you wake up, before and after meals.

### Make water interesting:

- flavour it with lemon, lime, orange, berries, mint
- try carbonated options or invest in a Soda Stream - fizz up your water without the syrupy flavourings
- change up the temp ... some like it hot, some like it cold
- add a splash of juice for a flavour boost
- chill green or herbal tea & add a touch of sweetener if desired

**Reduce the power of the  
'call of the snack'... enjoy your favourite  
treat once in awhile guilt free!**

## Craving Sweet? Try:

- frozen grapes, mango cubes or berries
- chopped fruit salad + sprinkle of dried coconut
- small portion of dark chocolate almonds or 2 squares of dark chocolate (70% cocoa minimum)
- plain or low sugar yogurt topped with diced fruits, bran buds or granola
- homemade sorbet - blend up your favourite fruits & freeze
- low sugar cereal with milk (try soy or oat beverage for a change)
- glass of chocolate milk ... add a bit of white milk to cut the sweetness