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smart snacking



# smart snacking

A well-balanced diet includes snacking on a variety of healthy foods throughout the day.

Snacking between meals gives us the fuel we need to power through the day, but highly processed and sugary choices can lead to energy crashes and blood sugar imbalances. Choose whole foods that are full of fibre, protein, and healthy unsaturated and omega fats instead.

Think about preparing snacks ahead of time at home or making the right selections when eating out.

## FIVE IDEAS TO GET YOU STARTED

### **Go Greek!**

Greek yogurt, that is. Delicious sweet or savory, Greek yogurt is typically low in fat and high in protein.

### **Ancient is New Again**

Ancient grains may sound prehistoric, but our ancestors had the right idea when it came to healthy snacking. Grains such as quinoa, spelt, kamut and millet are packed with protein and fibre. This helps to satisfy our hunger and keep us feeling full longer.

### **Keep Sticks on Standby**

Chopped raw vegetables are packed with vitamins and nutrients. Add protein packed hummus or a yogurt based dip for extra flavour.

### **Get Nutty!**

Nut butters (i.e. peanut or almond) have a reputation for being calorically dense and high in fat. However, a moderate serving of nut butter (one tablespoon) contains healthy fats and protein. Add to a slice of whole grain bread or crackers or spread on sliced apples or bananas for a great tasting snack.

### **Fruit - The Original “Fast Food”**

Pack some fruit before you head out the door. Fruit is loaded with vitamins, minerals, and hydrating water and it is easy to carry. Don't forget to eat the skin on the fruit since that is where the antioxidants are!

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