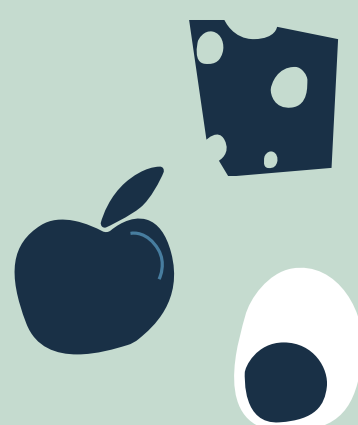


Strategic Snacking

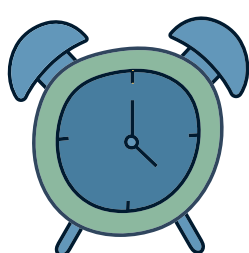
SNACKS CAN HELP:

- manage hunger between meals
- add variety to your diet
- provide necessary fuel



DON'T SKIP MEALS

this can negatively impact the quantity and quality of your food choices later



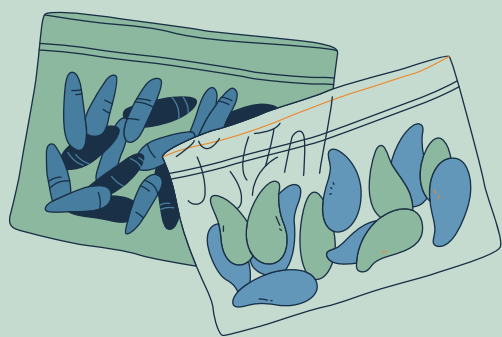
HONOR HUNGER

learn to recognize the signs of physical hunger and trust your body's inner wisdom



BE PREPARED

keep nutrient-dense snacks available for whenever you may need them



STAY MINDFUL

portion out snacks and enjoy them with minimal distraction



BE PROACTIVE

sometimes, eating a snack before you are hungry is appropriate



FIBER & PROTEIN

these are the nutrients that will help you feel full and energized



Snacking Myths

We need to snack.

Snacking is healthy
(or unhealthy).

Healthy snacks
take effort.

Snacking will spoil
your appetite.

Snacking at night is bad.

You shouldn't snack
before you work out.

Snack Ideas

banana or apple + nut butter

Greek yogurt + fruit and/or nuts

cottage cheese + fruit or tomatoes

homemade trail mix
(Cheerios or popcorn + nuts + dried fruit)

hummus + raw vegetables

cheese + whole grain crackers

homemade smoothie

hard-boiled egg or string cheese + fruit

whole grain tortilla + tuna pouch

whole grain avocado or ricotta toast

Bar (Kind, Luna, Rx, or Larabar)

my snack ideas
