



# SNACKING SMART

## Why Snack?

Snacking between meals can:

- Maintain energy levels
- Curb hunger and prevent overeating
- Support focus and mood
- Fill in nutrient gaps throughout the day

What you snack on matters!

**A good snack should include at least two of the nutrients below:**

- Protein (such as nuts, yogurt, eggs)
- Fiber (such as fruits, vegetables, whole grains)
- Healthy fats (such as avocado, seeds, peanut butter)

These nutrients help you feel full longer and provide lasting energy.

## When to Snack

- Eat when you're genuinely hungry, not just bored or stressed
- Drink water first — sometimes thirst may feel like hunger
- Aim for enjoying a snack 2–3 hours before a meal to avoid spoiling your appetite
- Avoid “mindless snacking” (like eating from the bag while watching TV)

## Tips for Smart Snacking

- Prep snacks ahead of time (portion out nuts, slice veggies or fruit, etc.)
- Read nutrition labels — watch out for added sugars, sodium and saturated fat
- Keep healthy snacks visible and convenient
- Choose whole foods most of the time
- Watch portion sizes

## Balanced Snack Ideas

- Apple slices + peanut butter
- Mini pita + tzatziki + veggies
- Whole-grain crackers + low fat cheese
- Greek yogurt + berries
- Trail mix

## Snacks to Limit

- Candy, soda, and sugary baked goods
- Chips and fried snacks
- Flavored coffees or drinks with excessive amounts of added sugar

Eating well doesn't mean giving up snacks — it means choosing ones that nourish your body and mind. Plan ahead and keep your snack game strong!