LMC Guide to Smart Snacking

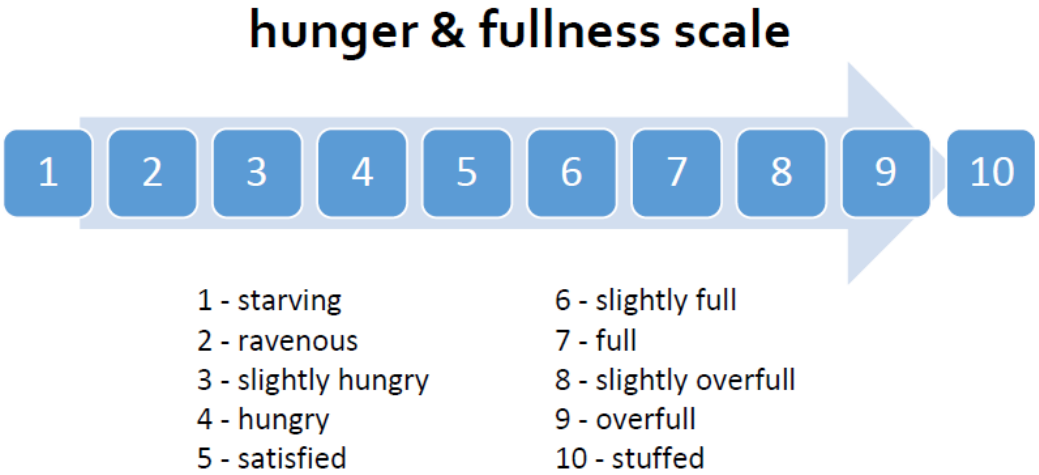
Snacks are optional, but you may need a snack if you:

- get hungry in between your meals
- go more than 4-6 hours in between your meals
- want to prevent a low blood sugar during or after exercise

Did you know? Sometimes we may snack because of an emotion like stress, boredom, or anxiety. It can be helpful to be mindful of this when grabbing a snack.

Mindful snacking:

- Wait 5-10 minutes before eating to see if the feeling passes
- Ask yourself: would I eat an apple or chicken breast right now? If you are truly hungry, most foods will seem appetizing
- Are you feeling any uncomfortable emotions that may be encouraging you to snack?
- Drink a glass of water
- If you're still hungry, start eating the snack while paying attention to your hunger/fullness cues



How do I choose a healthy snack?

- Choose a snack made of carbohydrate (preferably 0-15 grams) and protein source.
- Choose carbohydrates that are higher in fibre and less processed (lower glycemic index)
- Add a small amount of protein with your carbohydrates to help you keep full for longer (see examples on page 2).

Did you know? Snacking is a great way to boost your vegetable intake. Pair vegetables with hummus for a low or no carbohydrate containing snack.

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Carbohydrate Sources:

Bread

Pita/roti

Fruit

Berries

Plain Yogurt

Milk

Corn

Crackers

Popcorn

English Muffin

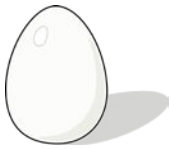
Protein Sources:

Cheese, preferably <20% MF

Hummus

Nuts

Peanut butter/ other nut butters


Egg

Meat/fish/poultry

Beans

Cottage cheese

Edamame

Seeds such as flax seeds, chia seeds, Hemp hearts

Some examples of a balanced snack (15 g carbs + protein)

- ✓ One slice of whole grain bread with cheese
- ✓ 1 cup of milk
- ✓ One slice of whole grain bread and natural nut butter
- ✓ One medium apple with natural nut butter
- ✓ Half a medium banana with a handful of nuts
- ✓ 3 cups popcorn sprinkled with parmesan cheese or nutritional yeast
- ✓ 1 cup edamame
- ✓ 4 whole grain crackers and cheese
- ✓ 2 cups strawberries with 3/4 cup plain Greek yogurt and chia or flax seeds
- ✓ ½ cup of bean salad
- ✓ 1 x 6 inch Tortilla warp with hummus and veg
- ✓ 1 medium pear with a handful of nuts

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