

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

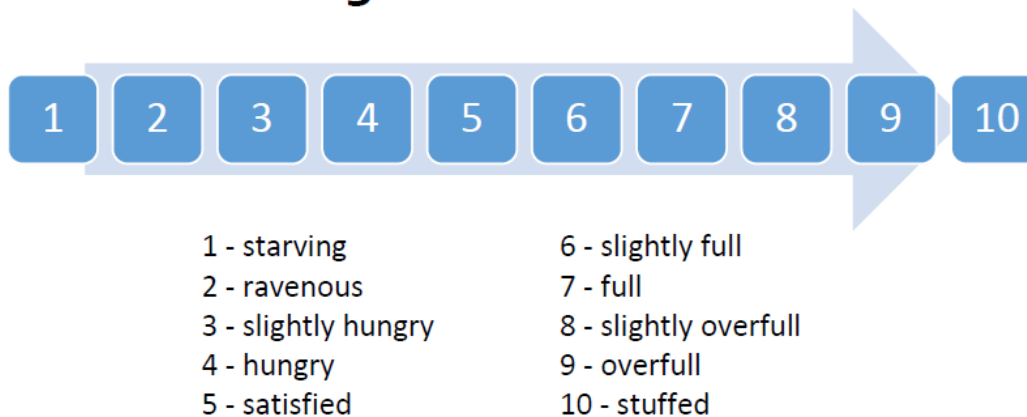
- get hungry in between your meals
- go more than 4-6 hours in between your meals
- want to prevent a low blood sugar during or after exercise

**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

### hunger & fullness scale



### 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.

## Carbohydrate Sources:



Bread



Pita/roti



Fruit



Berries



Plain Yogurt



Milk



Corn



Crackers



Popcorn



English Muffin

## Protein Sources:



Cheese, preferably  
<20% MF



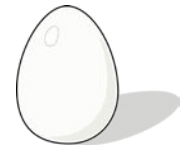
Hummus



Nuts



Peanut butter/  
other nut butter:



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
- ✓ 1/2 cup of bean salad
- ✓ 1 x 6 inch Tortilla wrap with hummus and veg
- ✓ 1 medium pear with a handful of nuts