



TO SNACK OR NOT TO SNACK?

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Is it okay to snack? Should I be snacking in between meals? What is considered a healthy snack? I get these questions constantly regarding snacking and I can understand the confusion! Some preach to stay away from snacking if weight loss is the goal (insert eye roll emoji here) and others say otherwise. It can be hard to know what to believe these days so let's get straight into it.

I first want to go over the difference between snacking and grazing. Snacking is designed to be a small meal, in between the day's main meals, to keep you energized and to prevent overeating. Grazing on the other hand is eating an unplanned, undefined portion of food throughout different periods of the day.

While we have all heard at least one person swear that snacking is the reason for weight gain, I'm here to tell you that what you've heard is absolutely false. GRAZING can be the reason for weight gain but healthy snacking can actually aid in reaching your goals. Healthy snacking can provide immediate energy, decrease hunger levels, and keep you from overeating during meal time.

You've now heard me mention "healthy snacking" a couple of times but what does that really mean? When going in for a snack, you want to be sure to include a source of protein, fiber, and some healthy fats (I'll show you what that looks like down below). Protein, fats, and fiber help you feel full for longer as they digest slowly in the body. If you find yourself needing an extra kick of energy, 1-2 snacks between meals can be great, depending on your particular needs that day.

Tips if you feel hungry

If you find yourself feeling hungry in between meals, before going in for a snack, try drinking a glass of water first. Sometimes dehydration can mimic the feeling of hunger so drink the water first. Also, ask yourself if you're just bored and using snack time as an excuse to do something with your hands. But, if you're actually hungry, honor your hunger and eat that snack!

10 Healthy Snack Ideas

V: Vegan

GF: Gluten free

- **Fruit and Nut Butter (V/GF)**

- Rich in fiber, vitamins, and minerals

- **Edamame + your choice of a healthy fat (V/GF)**

- **Sesame Roasted Chickpeas (V/GF)**

- Marinate the chickpeas in sesame oil and spices and bake until crunchy!

- **Hummus and Veggies (carrot, celery, cucumber) (V/GF)**

- High in fiber, healthy fats, B vitamins and vitamin C

- **Charcuterie Snack Plate (GF)**

- Add your favorite protein (cured meats, smoked salmon), cheese slices, and some veggies to a plate and voila. It's that easy!

- **Hard Boiled Eggs, Tahini, Sliced Cucumbers (GF)**

- Add some everything but the bagel seasoning to this and thank me later 😊

- **Plain (or low sugar fruit flavor) Greek Yogurt with Crushed Nuts (GF)**

- Good source of high quality protein, probiotics and calcium.

- **Cottage Cheese + Flax Seeds + Cinnamon (GF)**

- **Chia Pudding (V/GF)**

- 2 tbsp chia seeds, ½ cup almond or soy milk, 1 tsp maple syrup. Pour ingredients into a jar , mix, and store in the fridge prior to serving.

- **Tuna Salad + Veggies or High Fiber Crackers**

- You can easily make a tuna salad at home with just a can of tuna, mayo or even a mashed avocado, and diced veggies like celery, carrots, or pickles. Pair this with some cucumbers or crackers and dip right in!