

Strategic Snacking

For sustained energy and balanced blood sugars

A good rule of thumb for a satisfying snack is to prepare food combinations that contain complex carbohydrate rich in **fiber** and a source of **protein**. If you include a source of fat, this is a bonus and can help keep you satiated (full & satisfied) between meals.

Understanding the sources of each of these nutrients in your snack will help you plan snacks that sustain your energy levels throughout the day.



PROTEIN

- Aim for **10-15g** at snacks
- Fullness, muscle synthesis
- Get it from:
 - 1 egg (6g)
 - 2 tbsp peanut butter (7g)
 - 3 tbsp hemp hearts (10g)
 - Greek yogurt, 100g (8g)
 - Flavoured tuna (16g)
 - Smooth cottage cheese, 100g (10g)
 - 1 cup edamame (17g)



FIBER

- From complex carbohydrate
- Sustains energy and satiety
- Aim for 5g at snacks
- Get it from:
 - 1/2 cup raspberries (4g)
 - 1 kiwi (3g)
 - 1/2 avocado (7g)
 - Whole grains crackers i.e. Triscuits (8 crackers) (4g)
 - 1/4 cup roasted lentils (5g)
 - 1/2 cup edamame (4g)
 - 4 cups popcorn (5g)
 - 1/4 cup hummus (4g)

FAT

- Cell & hormonal health
- Nutrient absorption, fullness
- Get it from:
 - Higher fat dairy (2-3% MF)
 - Nut/seed and their butters
 - Avocado
 - Eggs
 - Chia and ground flax seed

Prepare-ahead snacks to fuel activity

- **Energy Bites:** Pack 2 energy balls with some water to enjoy before, during or following activity
- **Granola bars:** A great opportunity to jam pack your snack with protein, fibre and fat!
- **Trail Mix:** Fill a snack-size ziplock bag or Tupperware, approximately 1/4-1/3 cup of trail mix. Add-ins can include: Dried fruit, popcorn, roasted or regular nuts/seeds, dry cereal/granola, coconut flakes, chocolate, etc. You can also add a little spice to some oil-coated almonds, pecans or walnuts and roast at 450 F for 15-20 minutes!

Snacks to sustain energy between meals

Snacks do not solely serve as a hunger/energy stabilizer between meals. They may provide us comfort, memories, texture/mouthfeel, distraction from work, or fill a void. Consider the snacks listed below and start to think about what motivates you to snack? What textures, flavours and food do you normally seek out?

- Two deviled eggs with nuts, fruit or deli meat skewer - **Salty, creamy mouthfeel**
- Cheese with fibre-rich crackers and veggies - **Crunchy, creamy, hydrating**
- Greek yogurt/Skyr/smooth cottage cheese paired with fresh or frozen berries- **Sweet, creamy**
- Roasted chickpeas or lentils (homemade or Crunchy Little Lentils) - **Crunchy, salty**
- Homemade roasted nuts with cheese and fruit or veggies (snack board) - **Sweet, salty, crunchy**
- Make a balanced smoothie, freeze and enjoy! - **Creamy, cool, soothing**
- Fruit drizzled, sandwiched or dipped in melted chocolate + nut/seed butter - **Creamy, crunchy, sweet**
- Spiced or salty roasted veggie chips (kale, broccoli, etc) - **Bitter, salty, spicy**



Your turn! What will you stash in your snack box?

Just eat the cookie (or two)!

Part of what normalizes eating is giving yourself permission to eat foods that fuel the soul. This may look like: purchasing single-serving treats, preparing a healthified version of a favourite treat, or planning them into your routine to prevent feelings of deprivation.

Plan for success! Be prepared with the basics for making and/or grabbing easy, balanced snacks and you're already halfway to snacks that sustain and satisfy!