

Snack Ideas!

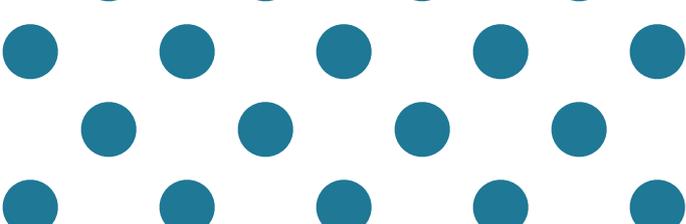
Curb the Cravings!



WELLNESS

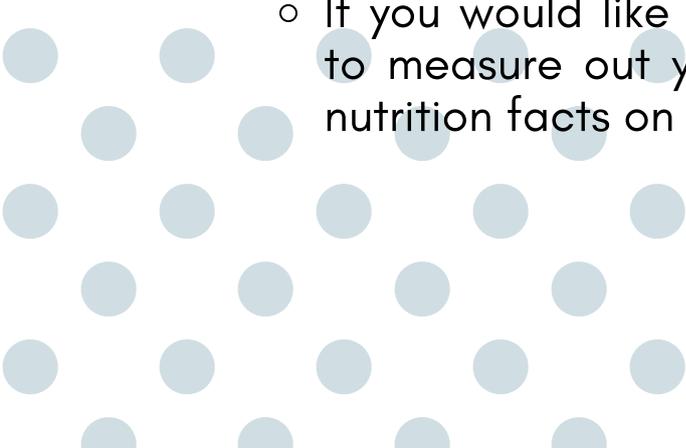
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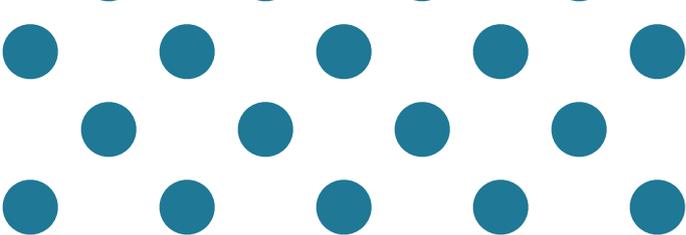




Snacks are an important part of a productive and busy day. They keep you fueled for the day in between meals, prevent the 3-4 PM energy slump and can decrease stress associated with hunger and possibly aid in weight loss. Picking the right kind of snack when you are in a hurry can be challenging. Use this sheet for a few quick snack ideas to prepare ahead of time, or follow the guidelines below when looking for snacks on the go.

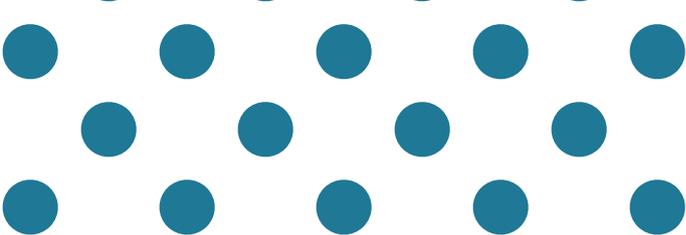
An appropriate size snack depends on your individual activity level and length in between meals. But, generally, a calorie range of 100-200 calories is sufficient for most people.

- Opt for snacks that have some complex carbohydrates (fruit, veg, whole grain) with protein.
 - The complex carbohydrates will give your body the immediate energy source it needs (more easily digested)
 - The fiber in fruits, vegetables and whole grains help you feel full longer because it takes longer to digest
 - The protein will help to minimize muscle loss and fatigue and fuel you longer into the day.
 - This list includes more 'traditional' snack food items as well as other foods that can be used as snacks if you have leftovers.
 - All of the quantities listed below make a snack within the 100-200 calorie range.
 - If you would like more or less calories, you will need to measure out your food or alter according to the nutrition facts on the food label.
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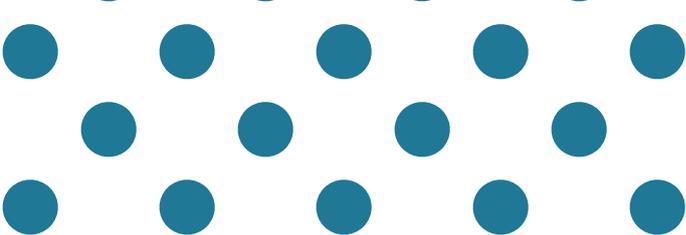
'Salty" Snack Options

- Roasted chickpeas: click the link below for a sweet and low salt homemade version of chickpeas <https://www.foodnetwork.ca/healthy-eating/blog/roasted-sweet-and-salty-chickpeas-from-the-hot-plate-2286/>
- One serving of pita chips or rice cakes with ¼ cup of hummus or endless veggies
- One serving of whole wheat crackers topped with ¼ cup tuna or hummus
- One serving of whole wheat crackers with 1 oz cheese or 1 TBSP nuts
- Caprese salad or make 3-4 skewers: each skewer will have 2 grape tomatoes with a mozzarella ball in the middle, sprinkle with basil and drizzle with balsamic vinegar or olive oil and salt
- 1 oz of Cheese or ¼ cup hummus with bell peppers/carrots/broccoli (any veggie you like)
- 2-3 TBS Low sodium nuts or mixed trail mix
- 2-3 cups of popcorn with 1 TBSP of butter



'Sweet' Snack Options

- 2 TBSP almonds with 1 TBSP dark chocolate chips
 - Apple with 1 TBSP peanut butter
 - Banana "cupcakes": slice a banana into 7-8 coin shaped pieces, top each piece with a small dollop of nut butter and add a few chocolate chips on top.
 - Mini cream pie: top one sheet of graham cracker with a layer of Greek yogurt, sliced banana and cinnamon (or substitute for another fruit)
 - One piece of whole wheat toast smeared with 1 tablespoon ricotta cheese or cream cheese, topped with fresh berries, cinnamon and drizzle of honey
 - ½ cup Plain greek yogurt or cottage cheese topped with berries and a drizzle of honey
 - Make some baked apples ahead of time and re-heat at the office or at home to simulate 'apple pie'. Cut apples into wedges, mix with a teaspoon of melted butter, cinnamon to your liking and a teaspoon of brown sugar. Place on a baking sheet and bake at 350 degrees F for about 20-25 minutes.
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Mini Meal Ideas

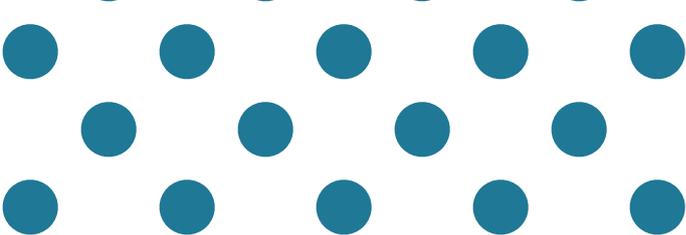
- Buy the single serve cup of vegetable soup or any flavor of soup
- Toasted Whole wheat English Muffin pizza: top with 1 tablespoon of cheese and veggies
- Half a baked potato topped with a teaspoon of butter and sour cream, steamed broccoli and green onion (or replace sour cream with cheese and broccoli with any other veggie you like).
- One small 'taco' size tortilla (flour or corn) filled with a sprinkle of cheese, a few veggies and 2 Tbsp beans/meat.

Snacks on the Go

- Pre-portion nuts and dried fruit in bags to leave in your car.
- 2 Tablespoon nuts with $\frac{1}{4}$ dried fruit or just $\frac{1}{4}$ cup nuts
- Dried fruit with no added sugar
- $\frac{1}{4}$ cup Dried chickpeas with $\frac{1}{4}$ cup nuts
- 1-2 servings of jerky (check bag for specific recommendations)

Store Bought Bars

- Look for bars that are made with 'real' food and whole ingredients, with minimal to no added sugar and higher in fiber (minimum 5-10 grams). Translated this means, look for bars with primary ingredients of dried fruit and nuts
 - Stretch Island fruit strips (100% dried fruit leather with no added sugar)
 - KIND bars (look for the ones with minimal added sugar)
 - Lara bars (fruit and nuts only with nothing else added)
 - Clif Z bars (mini version of Clif bars-can be high in added sugar, but within calorie range for a sweet snack craving. Look for the kids snack section).
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Summary

To make the most of your day and prevent an energy slump, be sure to include snacks into a healthy day. The list of snack options can be adapted to fit whatever circumstances come your way. Go through the list and add or take stuff off as it fits your tastes. If you have questions about how to incorporate one of your favorite snacks not on the list, write me an e-mail and I am happy to offer some advice. Happy Snacking!

Sherri Pearson | 406.580.1261
Sherri.wrmt@gmail.com
wellnessreimaginedmt.com



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