

SNACK GUIDE

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Should I snack? Is snacking OK? Are there good snacks and bad snacks?

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Sweet or Savoury head? Check out my list of snacks no matter your preference



FANCY A SNACK?

To snack: to eat between meals, nibble, munch, an informal graze.
A snack: a small amount of food eaten between meals.
OK, so what's a meal?

A meal is an occasion when people sit down and eat, usually at a regular time.
OK but what if we snack regularly?
Then try this definition of a meal: any of the regular occasions in a day when a reasonably large amount of food is eaten. God this is confusing!

“Keep your
friends close
and your
snacks closer”

SNACKING IS NOT A SIGN OF WEAKNESS



SHOULD I SNACK?

The short answer is **YES!** Based on the confusing definitions of what on earth a meal or snack actually is, don't over think it. If you're hungry, then respond to that hunger and eat.

The difficulty in today's fast paced life is that many of us are completely distracted but outside white noise, pressure to be switched 'on', being pulled in 15 different directions and the need to get the job done. Many people that I speak to have no confident idea they know what hunger feels like and means. We eat to time, because we feel we should (triggered by others, haven't got time later so will eat now or it's been x long since I last ate so I had better have something now) rather than being able to tune into our bodies and recognise when *our body* tells us we should eat

Many people wait for the rumble and gurgle, but not everyone experiences this. The much more subtle nuances of hunger (such as loss of focus, concentration, tiredness, or mood changes) go undetected, or ignored.

Typically we get to the point when we can't ignore hunger any more (by this time we are ravenous, hangry and will eat anything!) and that's when we decide to give ourselves permission to eat?! But it's too late! We've hit primal, I don't care what, I just need to eat NOW and QUICK. Which means we are likely to overeat too.



So can we ignore hunger? **NO.** We often think we can, think we can trick the brain (with a drink or salad leaf) but just like sleep, our body will take charge eventually and you will have no choice but to 'give in'. This is your body protecting you. It will recognise falling blood sugar and energy levels which in reality make you vulnerable [think survival of the fittest in caveman times). So just EAT. Don't JUST eat. THINK. Satisfaction is KEY.


As an anti-diet nutritionist, I don't believe foods are good or bad, healthy, unhealthy, clean or fake. It's just food; that nourishes our body, mind and soul. We cannot live on lettuce alone so here is a selection of sweet and savoury foods that you could choose to snack on.


Generally higher fibre, lower sugar and foods rich in protein will keep you going for longer by stabilising your sugars more effectively. Think about what you feel like – salty, crunchy, fresh, cold, zesty, spicy, smooth, creamy, buttery, sweet, chewy....





SAVOURY SNACKS


 Plum tomatoes or any fun size veg - Lidl have tiny cucumbers and peppers and mini unicorn carrots 

 Handful of nuts or a dried bean snack (e.g edamame)
Buy bigger bags of mixed nuts or your favourites and decant them into little pots (it's much cheaper too). Check out recipes for savoury chickpeas or seed and nut mixes (by adding spices and seasonings) you can bake at home


 Dip veggie sticks or bread sticks in hummus, guacamole, beetroot or bean dip, cream cheese or cottage cheese. Or spread these on oat cakes, crackers or flat breads.

 ½ mashed avocado on wholemeal toast, rice cake or cracker with marmite (optional!)

 Boiled, dippy or scrambled egg


 Cuppa soup! Or bowl of.....

 Make some mini frittatas, tortillas or omelettes

 Toast, crumpet, muffin, corn cakes


 Veggie smoothie


 Make a sandwich or savoury muffin


 Baked crisp bites, twiglets or pretzels



SWEET SNACKS

 Fruit or a fruit salad – not just the same old fruit but cherries, plums, nectarines, persimmons and kiwi berries?


 Fresh coconut - sold in little pots if you don't have a hammer to hand!


 Glass of milk – the simple things. Chuck in a banana and hey presto a smoothie!


 Skyr drink or yoghurt

 Greek / dairy free yoghurt with fruit, nuts or granola


 Bowl of cereal, overnight oats or porridge

 Dried fruit and nut mix (make your own)


 Nakd bar or make your own raw fruit and nut bar

 Popcorn or pretzels

 Fruit bread or tea cake

 Peanut (or other nut butter) on apple, celery, crackers, toasted wholemeal pitta, bagel thin or crumpet

 Banana muffin or nutty flapjack

 Rice pudding

 Banana (or other fruit) and custard



Food for the body is not enough.

There must be food for the soul.