

## Smart Snacking-how to make the most of power snacks

### Do you need a snack?

If you are used to have your 3 meals per day and you feel good, then you absolutely don't need to change your habits. But if you are always craving sugar, if you are always hungry and you usually fall into temptations, then having a **planned healthy snack** could be the solution for your problems.



Healthy snacking is a great way to

- ✓ Keep your blood glucose level stable
- ✓ Help you concentrate
- ✓ Prevent feelings of hunger
- ✓ Keep your metabolism high

### The secrets to healthy snacking

Pack at least one super snack into your day and you'll get an energy boost, long-lasting satisfaction and the nutrients your body needs to stay strong and healthy

**ORGANIZATION:** planning ahead -whether on your grocery shop or in the morning or evening before- will inevitably save you making bad choice at crunch time

**PREPARATION:** if you invested some time in cooking healthy snack, you are going to be far more likely to eat them and you will minimize the change to choose the bad option

**SUBSTITUTION:** when you select pre-packaged food make sure to read the ingredients list and the nutrition panel and compare products from a nutritional prospective (be careful on the sugar, saturated fat and sodium content). Substitute high-fat snacks with more healthful choices.

### Get creative

The key to healthy snacking is your conscious effort to make wise food choices.

All it takes it' s some..

Fresh fruit and vegetable →packed with vitamins, minerals, precious antioxidants and complex carbohydrates.

Greek Yogurt, cottage cheese, ricotta→ good sources of protein and calcium

Nuts and seeds→ high in protein, calcium, iron and good fats perfect also as base for homemade bar

1. *Cacao bliss balls*: blend some pitted dates, coconut flakes, walnuts and cocoa powder. Roll the mixture in bite size balls and roll them into extra coconut

2. *Apple sliced topped with nut butter*: Whether you like creamy or crunchy, a teaspoon or two of peanut butter makes this a perfect snack for kids of all ages.

3. *Wrap with sweet cheese*: Reduced fat ricotta with shaved coconut spread on a wholegrain high fibre wrap.

4. *Cottage cheese and fruit*: try ½ cup of cottage cheese with ¼ cup of fruit (like blueberries) sprinkled with cinnamon

5. *Cheese stick and tomatoes*: Easy to take anywhere. Enjoy mozzarella cheese with cherry or grape tomatoes.

6. *Savoury mini muffin*: homemade muffin with wholegrain flour, low fat feta, zucchini and carrot

For any question or curiosity please email me at [valentina.nutrition@gmail.com](mailto:valentina.nutrition@gmail.com)