

Snack Smart at Home



Portion Control

A smart snack should be just that, a snack. Enjoy healthy snacks providing fibre and protein – and you will experience a positive impact on your energy level!
A great way to control your portions is to put your snack in a small plate or bowl; this will help keep you from overeating and stress eating.

Fibre UP!

Health Canada recommends Canadian women eat 25 grams of fibre per day and men 38 grams of fibre per day for the following health benefits:

Weight Management

Keeps you full for longer

Disease Prevention

25 grams/day

38 grams/day

Lowers cholesterol levels

Keeps bowels regular



PRO TIP!

If you're struggling to find fresh or frozen high fibre veggies during these trying times, you can also consider trying things like oral nutritional supplements containing fibre. These nutritional drinks come in a convenient ready-to-drink format, they can be taken as a meal replacement or, in small amounts, as a snack when your reserves are low, and you're waiting for that next grocery order.

PROTEIN!

Protein is an essential part of a healthy diet and goes a long way to helping you feel full! You should be trying to get protein from a variety of different sources, according to Health Canada.

Beans & Lentils

Fish

Lean Meats

Eggs

Nuts & Seeds

You can also add more protein to your diet with options like protein bars, but make sure you're reading the labels.

Eat Mindfully!

Mindlessly eating in front of the TV is one of the biggest reasons for over-snacking. When we eat on autopilot while our minds are busy focusing on something else, we can miss cues from our bodies that let us know that we're full. So, the next time you eat, put away your smartphone or digital gadgets and focus on your plate!



Schedule Snacks



A big reason why we tend to reach for things like chips and cookies is the convenience of it. They're just sitting right there in your cupboard, ready to be pillaged. So, planning out and prepping healthy snacks that are easy to grab, come in handy when you start to feel the need to munch. Do things like pre-cut veggies to dip in your hummus or mix up some granola with nuts and dried fruits for a quick handful of fibre packed protein.