

# STEP: 2

# SMART SNACKING

B L O O D   S U G A R   B A L A N C E   I S   K E Y

## BENEFITS:

- Reduces blood sugar fluctuation, irritability and fatigue
- Keeps the brain active, alert and energized
- Prevents overeating at the next meal
- Supplies optimal nourishment for the body

## SNACK IDEAS:

- Apple with and a handful of almonds or walnuts
- Raw veggie sticks such as: peppers, celery and carrot, broccoli ends with florets, cauliflower, snap peas or cherry tomatoes with a healthy dip (*see pages 196,197*)
- Homemade energy balls or fudge brownies – sugar free and delicious (*pages 194, 236*)
- Banana wrap: almond butter spread on sprouted grain or rice wrap, sprinkle hemp hearts over almond butter, place banana in middle and roll.

Consuming whole fresh fruits prevents binging or ‘cheating’ with sugar foods. The natural sugars in fruit provide glucose for muscles and sustained energy. Eat fruit as your ‘go to’ if a craving comes on for something sweet.

## TIPS:

- ◇ Pack a snack to go and always have something on hand to prevent impulse purchases which tend to be unhealthy and not supportive to this program.
- ◇ To slow the release of natural sugars in fruit for those with blood sugar issues such as diabetes or hypoglycemia: combine fruit with nuts or dip in nut butter. Or, choose low glycemic fruits such as apples and berries.

**NOTE:** Fruit is essential for female reproduction. Fertility and overall health depends on the phytochemicals bonded to the natural sugars in fruit. The reproductive system relies on dozens of anti-tumor, anti-cancer antioxidants available only in fruit. Fresh, ripe fruits are made up of water, minerals, vitamins, protein, fat, essential nutrients, pulp, fiber, antioxidants and pectin.

Enjoy 2-4 servings daily.

I have noted in my practice that snacking can sabotage one's wellness plan for health, recovery from illness and especially weight loss.

When done right, snacking is a healthy addition to dealing with hunger bouts in between meals.

What matters the most is your choice of snacks. We have been programmed through media to reach for the quick grab-and-go items that are convenient. Most often they are laden with sodium, MSG, saturated and trans fats, high fructose corn syrup, and many other sugars hiding under alias names, preservatives, artificial coloring, along with fillers such as GMO corn and soy.

All these ingredients are harmful and many of them are addictive and cause overeating as it's hard to stop after just one. As soon as the chip, bar, soda, Frappuccino, baked good or energy drink hits our salivary glands, a huge surge of dopamine is released in the brain. Dopamine is the chemical that causes feelings of pleasure and happiness and creates a desire for more. This can mimic the effects of addiction, translated into high tolerance and cravings for sugar. It can also lead to withdrawal when we cut it out of our diets hence the challenge many find when they are trying to make positive changes.

*(Refer to pages 45- 48 for my personal story on overcoming the sugar/snack addiction)*

#### A FEW HELPFUL STEPS:

- Start by making a list of the snack items you purchase frequently. Listing each item is helpful in bringing awareness to your choices which are sometimes subconscious. As you shine light on what is hidden it helps loosen the addiction grip and frees up space for new and better choices.
- Then, remove one item from your list each time you shop until all unhealthy snacks are crossed off and removed from your home. Replace each with something new as per the suggestions on previous pages. Removing the temptation is essential to supporting this wellness program.
- Avoid snacking of any sort after your evening meal. If you get a craving, which is typically a habit, brush your teeth, wait a half hour or so and then enjoy some herbal tea of your choice. *(Refer to page 95 for more information on 'IF' – Intermittent Fasting)*

**NOTE:** It takes approximately seven days to reset the evening snack habit and 30 days to reset 'snack attack' impulse purchasing. If you desire accelerated change in this area, I recommend a subconscious change process called Psych-K®.

*(Refer to page 157 for more information)*

