



healthy snacking

Plan it out

Planning out your snacks and meals can help control your eating through the whole day! If you plan out your snacks, you can make sure you always have a good option available to eat.

Portions, portions, portions!

Always portion out your snack ahead of time. Our brains are programmed to want food so portioning will help to make sure you don't end up overeating.

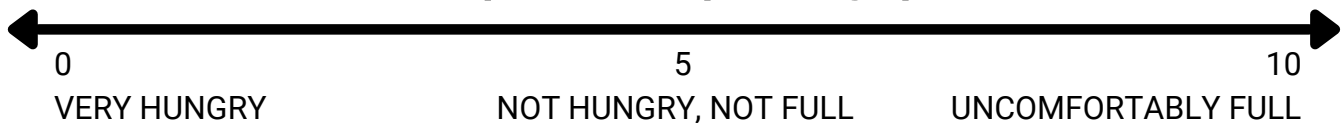
Take time to eat

Try to reduce distractions when eating meals and snacks - turn off the television, take a break from work and avoid driving. Mindless eating can lead to eating more than you had planned.

Check in

It is always helpful to check in to see how you are feeling before eating - How hungry or full are you? What thoughts are running through your mind that could be causing you to want to eat?

Are you really hungry?



- Before eating meals or snacks, try checking in on how hungry or full you are - if you are between 5 - 10 and tempted to eat, you're likely wanting to eat out of HABIT or from your THOUGHTS and FEELINGS.
- Ideally, try to eat when your hunger level is between 2 - 4 and choose a healthy, balanced option most of the time
- Try not to let yourself get to a hunger level of 0 - 1 - this is when it becomes much harder to stick to recommended portion sizes and healthy food options
- If you find you are often eating snacks out of habit or due to thoughts and feelings, consider:
 - Finding a distraction such as drinking water, walking, or calling a friend
 - Look for another way to soothe with your thoughts or feelings by listening to music, watching a funny TV show, deep breathing or writing in a journal

healthy snacking ideas

- Small handful of whole grain crackers (see below) with 2 tablespoons nuts butter, 1 ounce cheese or 1/3 cup cottage cheese
- 1/3 cup cottage cheese with fruit or veggies (celery, baby carrots, baby tomatoes, snap or snow peas etc)
- 1/2 of a meat or nut butter sandwich (1 slice whole grain bread)
- 2 tablespoons of nut butter with fruit (apple or banana)
- 1/2 cup of low sugar, whole grain cereal (i.e. Shredded Wheat) or steel cut oatmeal with 1/4 cup nuts
- Greek or Skyr yogurt with 1/4 cup nuts or 1-2 tablespoons chia seeds/hemp hearts and 1/2 cup frozen or fresh berries
- Leftovers from dinner on a small (salad-size) plate
- Hard boiled egg and fruit
- 1 ounce cheese with fruit
- 1/4 cup nuts or seeds
- Small (85g) flavoured tuna can or 1/2 can salmon or tin of sardines with whole grain crackers
- 1/3 cup hummus or tzatziki with a mini, whole grain pita (see below)
- Hard boiled egg, salsa and whole grain crackers
- 1/4 cup nuts and 2-3 cups of popcorn (air popped or low-fat preferred)
- Cheese string/Babybel/Laughing Cow cheese with fruit, vegetables or whole grain crackers
- 1/3 cup roasted chickpeas/roasted edamame/roasted lentils
- Salmon (1/2 can) or tuna (1/2 can) mixed with 1 tablespoon mayo stuffed in romaine lettuce leaves

Some brands to look out for:

Whole grain crackers: PC Crisp and Thin Whole Grain, Ryvita, Wheat Thins, Triscuits

Whole grain pitas: Ozery's Mini Flax Pita, Old Mill Whole Wheat Mini Pitats, Flat Out Multigrain Wrap

Granola bars: Made Good bars, Nature Valley Lunchbox bars, PC Blue Menu bars, Simply Protein bars

Popcorn: Skinny Pop, PC Blue Menu mini bags