

SNACKING

A top-down view of a white bowl filled with a pink acai bowl. The bowl is topped with a layer of white coconut flakes, followed by fresh fruit including sliced strawberries, blueberries, kiwi slices, and mango chunks. The bowl is surrounded by an assortment of fresh fruits: raspberries, blackberries, kiwi slices, mango, blueberries, and almonds. In the foreground, several golden-brown muffins are scattered, each topped with a sprig of fresh dill.

SNACKING

The term '*snacking*' is thrown around very regularly when speaking to someone about their nutrition. It is often demonized and considered to be an extremely negative thing when most people are referring to their own eating habits but I totally disagree with this notion.

Before we continue, it's important that for the purpose of this document that I define what '*snacking*' means to me and how it's described to any of our members who are getting help with their nutrition.

Snacking is anything that you eat outside of your three main meals - breakfast, lunch and dinner. Whether this is morning tea, afternoon tea, dessert or anything at all you eat with the exception of breakfast, lunch and dinner.

I'd like to start on a positive note and discuss some benefits of snacking throughout the day

1

HELPS STABILIZE HUNGER PATTERNS

If you eat breakfast at 7am, lunch at 1pm and dinner at 7pm (just using this as an example), there is a lot of time in between that you are not nourishing your body. The issue with this lies with your levels of hunger by the time you reach lunch and/or dinner.

A common conversation I'll have with members is that they 'overeat' at lunch and/or dinner because they are famished by the time they finally sit down to eat that meal.

This is where snacking can be extremely beneficial. If we're able to fit in a snack between breakfast & lunch and between lunch & dinner then it will go a long way in helping our bodies regulate our hunger and lessen the likelihood of over indulging in lunch and dinner.

2

**HELPS DIGESTION
/ BLOATING**

This piggy backs off the first point, eating slightly smaller meals will make it easier for our body to process the nutrients.

We all know the feeling after you finish a big meal and you feel like you've somehow put on 10kg in the last 10 minutes because you are so bloated. On top of this you start to feel lethargic and the thought of a nap is much more appealing than continuing on with your day.

Eating 1-3 snacks each day will organically decrease the size of your other meals as you simply won't be as hungry. Smaller meals (even though it will be more frequent) will allow our body to digest the food a little easier and reduce the bloated, gassy feeling quite common after a large quantity of food is consumed.

3

HELPS QUALITY SLEEP

Just like it was mentioned in the previous point, it's no secret that you do not feel optimal after a big serving of food. The problem with having a large dinner is that when you're trying to go to sleep 1-3 hours later, your stomach is often still churning and rumbling to the point where you find it difficult to settle, get to sleep and stay asleep.

This will not only be frustrating for you at the time but will also impact the following day's events. Maybe you miss your workout, maybe you're a little more grumpy than normal, maybe you're a little less productive at work, all because you haven't slept well and the main reason was that big, hearty meal you had for dinner.

I'm sure that we've all been guilty of this and sometimes it is nearly impossible to avoid but for the most part, snacking more throughout the day will help.

QUANTITY CONTROL

Regarding any down sides to snacking, there is one that stands out to me and I believe it's the most important one.

Controlling Quantity

For some people, abstaining is often easier than moderating. An example is that if you have a block of chocolate, it can be easier to not have any at all instead of saying to yourself that you are only going to have 2 little squares.

This isn't everyone, one of my nutrition clients in our last program had 2 squares of Cadbury Marvelous Creations every single night, no more, no less. However, this is not the case for everybody and 2 squares can often turn to half a block if we are not mindful.

My point here is that if you are including regular snacks into your day then the size of the snacks are of the utmost importance and need to ensure you manage this by not getting 'carried away'.

Like I mentioned, this is more of an issue for some and if this is you then you need to be extra careful and make sure you monitor your sizing.

I want to share my best strategies for approaching snacking. These are what I apply to my personal nutrition and it's also what I encourage my nutrition members to consider and follow.

1**DON'T SNACK ON FOOD THAT YOU HAVE
A HISTORY OF OVEREATING**

For me this is Jordan's Chunky Nut Crispy Oat Clusters. Very specific, I know but this is my kryptonite and if I have this in my house then there's a good chance the whole box will be devoured in one sitting.

Make life easier for yourself and just don't buy anything that is going to leave you tempted every time you visit the pantry or fridge.

This may not be my muesli example for you, it could be chocolate, cheese & crackers, ice cream, chips, identify what it is for you and leave it at the grocery store.

2

PRIORITIZE SNACKS HIGHER IN PROTEIN

Foods with a good chunk of protein are more satiating (filling) than those higher in fats and carbohydrates. With reference to my above point, foods that we over consume are often high in carbs and/or fat because our bodies break down these foods a lot easier when compared to protein dense foods.

Here are some 7 high protein snacks for you to consider;

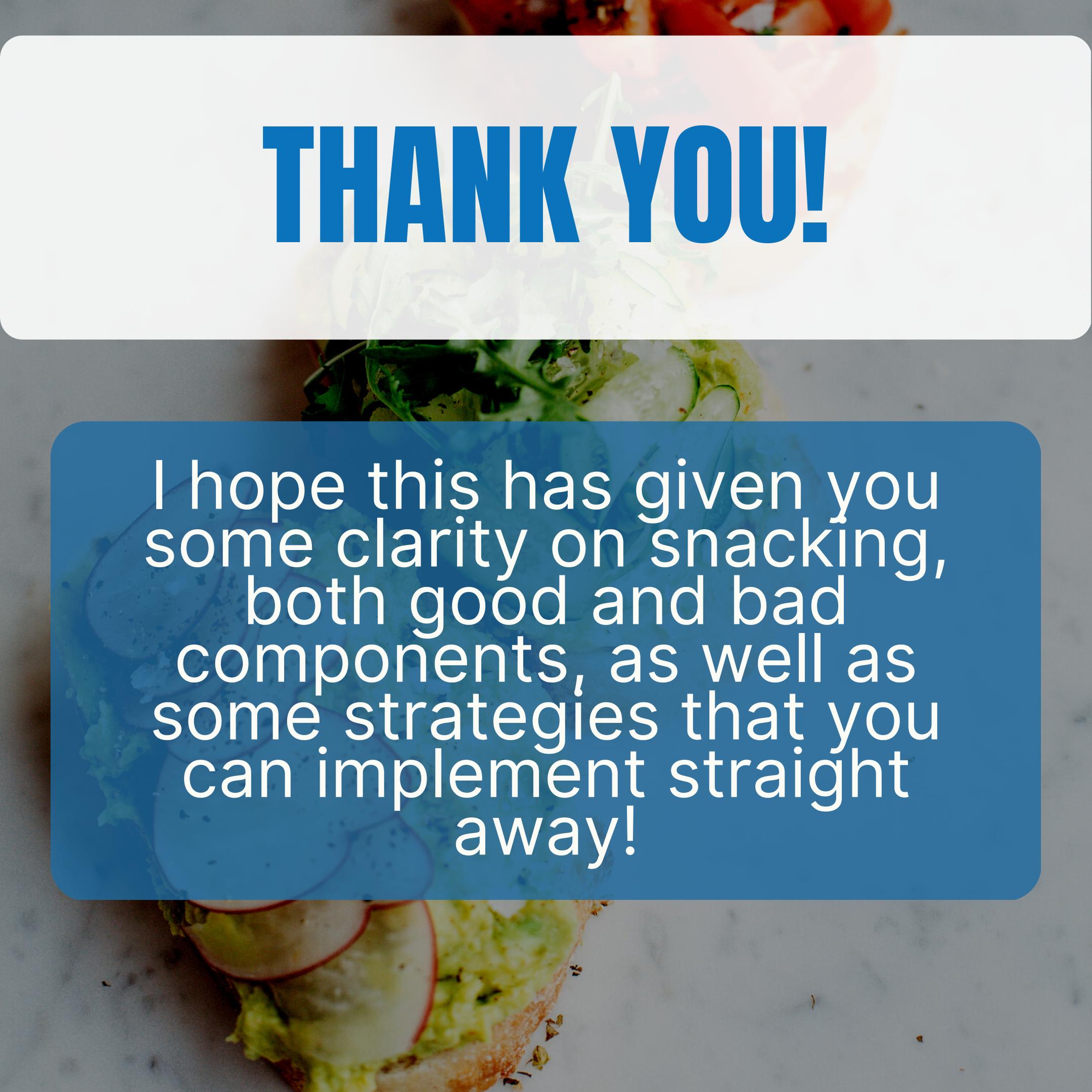
Yopro yogurt (any flavour), Quest protein bars, Wicked Sister high protein chocolate pudding, cottage cheese on cruskits or corn thins, protein shake with milk (any sort), protein smoothie with frozen fruit, tuna salad (something basic - spinach and tomato).

3**ALWAYS CARRY A PIECE OF
FRUIT WITH YOU**

Although this contradicts my previous point as fruit has little to no protein, this can be extremely helpful when you're out and about.

If we're out and about for the day we don't always know what or when our next meal will be. I have found that our poor nutrition choices are due to lack of preparation. If we're at the shops for a few hours and don't have anything with us to eat, we're more likely to go and buy something delicious (and unplanned) from the food court.

I'm not here to say that we can't ever do that but if we had an apple in the car or in our hand bag, this may have been avoided. We can always duck into the supermarket and grab something too, a banana and protein bar will set you back about \$3 and will keep you full until your next meal.



THANK YOU!

I hope this has given you some clarity on snacking, both good and bad components, as well as some strategies that you can implement straight away!