Smart Snacking

Simple ways to build satisfying snacks to sustain energy.



Your Winning Combination: Fibre + Protein

Why? Both nutrients help to promote satiety. This means your snack will:

- stay in your stomach longer and keep you full,
- provide a slower release of energy to your body, helping maintain focus and get you through the day.

Compare this to something lower in fibre and protein, like a handful of corn chips or a pastry:

- we don't feel full for very long,
- we often experience an energy crash that leaves us snacking more or feeling sluggish.

A balanced snack is really important if snacking is a core part of your eating pattern. You can use the snacks to help meet your nutrition needs, and support good physical and mental health. Choose options from the list below that you actually enjoy, not what you think you are "supposed" to eat!

Fibre Rich Food Options — ☐ Choose 1

- ☐ Apples, mandarins, bananas, pears, berries, and other fruit
  - These can be fresh, frozen, or canned and packed in water
- ☐ Carrots, snap peas, peppers, cherry tomatoes, and other vegetables
- ☐ Whole-grains like crackers, toast, oats, popcorn
  - Look for products with more than 3g fibre per serving. E.g. Mary's crackers.
- ☐ Nuts and seeds - including chia, flax and hemp
- ☐ Chickpeas, beans, lentils, bean dips like hummus, edamame
  - Roasted and flavoured, or straight from the can.
  - Frozen edamame is a great option for your freezer.

Protein Rich Food Options — ☐ Choose 1

- ☐ Greek yogurt or cottage cheese
- ☐ Peanut butter or other nut/seed butters
- ☐ Canned tuna, salmon, mackerel, oysters or mussels
- ☐ Boiled eggs
  - Homemade or store-bought
- ☐ Small portion of cheese
- ☐ Chickpeas, beans, lentils, bean dips like hummus, edamame, nuts and seeds
  - Yes, these count as fibre and protein! So you can have a handful and call it a smart snack.

Craving With Curiosity

We can have food cravings for a lot of reasons. You may be physically hungry, or you may be looking for a particular sensation such as crunchy, creamy, or refreshing. Often cravings can come up when we are dealing with difficult situations, or when our brain is looking for regulation or needs a distraction. Cravings are information, not a test of willpower. Try getting curious and asking: **"What am I really needing?"** The reason for your craving is worth noting. Once you've had a chance to think about it you can then choose a snack, a drink, a pause/break in your activity, or something else that meets that need.

It is okay to enjoy the flavour or texture of certain foods. Instead of fighting with yourself because you've been told that a food is "bad", work with your body to figure out how to meet emotional and physical needs in a way that supports health and wellbeing long term.

Healthy Snack Options Based on Sensation



Crunchy

Raw veggies, apples
Crackers
Roasted lentils/beans
Roasted edamame
Nuts/seeds/trail mix
Roasted seaweed
Apples
Banana chips
Popcorn
Dry cereal (low sugar)
Freeze dried fruit

Creamy

Yogurt
Chia seed pudding
Cottage cheese
Nut butter
Banana
Avocado toast
Frozen mango
Frozen yogurt bars





Chewy

Dried fruit
Granola bar (low sugar)
Dates with nut butter
Apple rings
Overnight oats
Gum

Tart

Citrus
Berries
Green apple
Dried cranberries
Sour fruit leathers
Yogurt with lemon
Water with lemon
Hibiscus tea



If you're not physically hungry, but still seek food to regulate or manage challenges, consider trying these non-food tools instead:

- ☐ Fidget objects
- ☐ Movement
- ☐ Chewing gum
- ☐ Yoga, meditation, or deep breathing
- ☐ Music (making it, listening to it, or both)
- ☐ Journaling
- ☐ Art (you don't have to be good at it, something repetitive is soothing)

Build Your Balanced Snack

Here are some ideas to get your started. Each pairs a protein rich and fibre rich food. It doesn't have to be elaborate, just stocked in your fridge/pantry. Quick is still nutritious!



Greek Yogurt Bowl

Plain or flavoured Greek yogurt + fresh or frozen fruit + low sugar granola (or dry cereal or plain oats).

Veggies and Hummus



Raw veggies (bonus for "pre-chopped" ones like baby carrots or snap peas) + plain or flavoured hummus

Optional: whole-grain crackers like Triscuits or Mary's crackers



Popcorn and Nuts

Mix ¼ cup of plain or flavoured nuts + popcorn.

Boiled Egg and Veggies



Boiled eggs (bonus for omega-3 eggs) + raw veggies

Optional: whole grain crackers



Chia Pudding

Batch sweet or savoury chia pudding and leave in the fridge to pull out for a quick snack

SELF-PROPELLED
HEALTH CARE