



Healthy Eating 101

Snacks

Lesson

1 - Why should we snack?

- To maintain a healthy metabolism you should feel hungry every 3-4 hours.
 - A snack between meals fits in perfectly.
- Snack to control hunger so you are not ravenous later and over eat.
- Snacks are vital for large breaks between meals.
- Being really hungry has an emotional and mental affect on the body.
- There is a hormone the stomach makes when you are extremely hungry. It goes to the brain and tells you to overeat in response to hunger.
 - You can also illustrate hunger as being like a pendulum. A person can either experience hunger and fullness at the extremes on a pendulum or like when a pendulum only sways slightly keeping close to the middle. The latter is the preferred way.
- Brain needs glucose to work optimally.

2 - What should we snack on?

- Protein and carbohydrates make the best snacks.
 - Protein is great because it gives you long lasting satisfaction and fills you up
 - Carbohydrates are great because they are made up of two things you need. The sugar your brain needs now to work and fiber which works with protein to keep you fuller longer.
 - For a food to be a good source of fiber it should contain 3g of fiber per serving.

Examples

Items bolded are good sources, the circled sources are choices to eat in moderation

i.e.

Protein:

jerky

cottage cheese

nuts

peanut butter

tuna

milk/dairy

Carbs:

Apples

bananas

whole grain bread/rolls

jams/jellies

juice

fruits with skin on

eggs
legumes
lunch meat
bean dip
trail mix

breakfast cereal
crackers
granola bars

