

# Health-Full Eating & Nutrition



## On the Go Snacks!

Between work, family and extracurricular obligations, we tend to be on the go day in and day out. When we are busy, sacrificing health for convenience seems to be common and sometimes the easiest foods to grab are not the ones we should be eating. Eating healthy snacks can help keep our energy level high and our mind alert.

### How can I Snack Healthy?

- A snack should consist of 200-300 calories depending on your activity level. Snack options should include whole grains, lean protein or healthy fats.
- Put snacks in small containers or bags so they are easily to carry in your purse or laptop bag. Not only will this make your snacks easier to carry, but you'll be able to eat the right size portion.
- Drink a glass of water with your snack. Drinking water helps you pause between bites and helps prevent overeating.



Check out a few of our favorite snacks that will help keep you feeling full until you have a chance to sit down for your next meal.

### Nuts & Seeds

Nuts are a protein-packed snack which are readily available in most convenience stores. Look for varieties without added flavoring or salt and you'll be eating a perfect balance of healthy fat, protein and fiber.

### Jerky

Jerky made from grass-fed beef and as few added ingredients as possible provides a high-protein portable snack. Varieties such as chicken, turkey or salmon jerky are also great options as long as the sodium and sugar content is at a minimum.

### Vegetable Chips

Veggie chips may not be the usual crunchy snacks you grab from the grocery shelf. Try healthier options such as kale, sweet potato or beet chips. Pay attention to the sodium and check to see if veggies are high on the ingredient list.

## Eggs

In less than 15 minutes, you can hard boil eggs and have an inexpensive, perfect package of fat and protein snack ready to go. Eggs also provide all 9 essential amino acids and can help raise your good cholesterol.

## Seaweed

Algae doesn't seem like the tastiest snack, but crunchy seaweed snacks come in multiple flavors and are full of antioxidants, calcium and tons of vitamins and minerals. Adding seaweed to your diet may help with digestive health and weight loss as well as protect your heart.



## Fruits & Veggies

Finding healthy snack options doesn't need to be complicated. Fruits and raw veggies have a high water and fiber content that will help you feel full and will provide many vitamins and minerals. People who eat more fruits and vegetables tend to have a reduced risk of some chronic diseases. Pair veggies with hummus or fruit with Greek yogurt or nut butter for an extra treat.

### References:

1. <https://medlineplus.gov/ency/patientinstructions/000338.htm>
2. <http://www.eatrightpro.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/smart-snacking-for-adults-and-teens.ashx>