



HOW TO SNACK

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Working from home these days or just plain home a lot? Do you feel like you are endlessly snacking and not feeling satisfied or full? A lot of people view having a snack as something to be avoided, but a snack can be a viable and important part of your daily nutrition if done properly. Do you remember snack time at preschool? Picture the kids washing their hands and sitting down at the table to have a few whole grain crackers, a slice of cheese, a couple of grapes and a tiny cup of water. This might happen a few hours before or after lunch time.

Snack time at preschool can teach you a lot about the way you should snack as an adult.

Separate your snack time

Snack time at preschool was a distinct event like a meal, eaten at the table away from the distraction of books and toys. Mirroring this, you too should separate from what you are doing and eat your snack at a designated eating place away from screens and work. This will help you to be mindful about what you are snacking upon.

Portion the snack on a plate

The preschool snack is portioned out onto a plate or napkin. When snacking it is important to not eat from the package or graze while doing other things. If you graze you might not know how much you are eating and are likely to overeat. The snack should be portioned out, consumed and then get back to what you are doing, much like how the kids go back to playing once snack time is over.

Choose carbohydrate, fat and protein

The preschool snack was smaller than a meal and provided balanced nutrition to help provide fullness and energy to see the kids through to the next meal. Viewing your snack portion on a plate or napkin can help achieve an appropriate size rather than grazing from the bag.

A balanced snack can help increase satisfaction and fullness. When you eat just crackers for example, you are getting a source of carbohydrates, but little fat or protein. Carbohydrates in crackers, are important to give you much needed energy to get you through your workday, however they lack fat and protein, the key macronutrients that signal fullness and satisfaction. Including whole grains, fruits and vegetables in a snack can also help keep the calorie count of the snack down and help provide fullness and nutrition from fiber without excessive energy, but make sure some protein and fat are involved to help make the snack balanced.

In summary, before you grab a snack, ask yourself, am I truly hungry or do I just need a break? Then, if you are just a bit hungry find a snack that will lead to fullness and satisfaction and carry you through to the next meal. Aim to have a snack that provides all three macronutrients; carbohydrates, protein and fat to make your snack satisfying. Ideally your carbohydrate source should be a whole grain, fruit or vegetable. Then, remove yourself from work, enjoy your snack, and get back to it.