Quick Nutritious Snack Ideas

What do you have for your healthy snacks?

First thing to do is have a nice big drink of water. Not many of us drink enough water throughout the day, and often signs of dehydration can be mistaken for “hunger” thus the craving for a snack. Snacks should not be a thing of habit and should really only be eaten to match physical activity or to address true hunger as excessive snacking (even on healthy options!) can be detrimental. When you feel like a snack!! here are a few suggestions.

1. Berries + low fat yogurt
Mix 1 cup of fresh mixed berries with 1 tub (175g) of low fat yoghurt. The combination of fibre and natural sweetness from the berries with the protein from the yoghurt will keep you satiated.

2. Apple + nut butter
Slice 1 apple and serve with 1 tablespoon of all natural nut butter. Naturally sweet, high fibre and low in kilojoules, apples are a great healthy snack option. Pairing it with a spoon full of protein-packed nut butter will make it more satisfying and will sustain your energy and hunger levels for a couple of hours.

3. Pear + cheese
Enjoy 1 pear with one slice of low fat cheddar cheese. This sweet and salty snack has loads of crunch and is the perfect carb and protein combination. It also provides a good dose of bone-building calcium from the cheese.

4. Low fat yoghurt + nuts + honey
Mix 1 tub (175g) of low fat yoghurt with a handful of crushed nuts and a teaspoon of honey. Full of protein and healthy fats, it will keep you satiated. The honey will make it feel like you’re having the real dessert!

5. Wholegrain bread + ricotta cheese + strawberries
Spread 2 tablespoons of ricotta on 1 slice of wholegrain bread, and then top it with a few sliced strawberries. This is a combo of fibre-filling bread, with protein from ricotta and vitamin C from strawberries. It provides a nutrient-rich mini-meal, that will keep you fuelled before your evening meal.

6. Grapes + walnuts
Mix 1 cup of grapes with a handful of walnuts. A super portable snack, a cup of grapes and a handful of walnuts together are a power combination of natural sugars, fibre, healthy fats and protein.
7. Wholegrain bread + peanut butter + banana  Spread 1 tablespoon of all natural peanut butter on a slice of wholegrain bread, then top it with 1 sliced small banana. The carbs from the wholegrain bread and banana will give you a quick boost of energy, while the protein will keep you satisfied for hours.

8. Greek yoghurt + blueberries + cinnamon
Mix 1 tub Greek yoghurt (175g) with 1 cup of blueberries and a dash of cinnamon. Containing a higher level of protein than regular yoghurt, Greek yoghurt will keep your hunger pangs at bay. It’s also full of bone-building calcium and gut-healthy probiotics. Adding blueberries and cinnamon make this a winning combination to satisfy any sweet craving.

9. Fruit + vegie smoothie
Blend 1 banana, 1 cup of chopped kale or baby spinach, and 1 cup of low fat milk. Leafy greens like kale and baby spinach are low in kilojoules yet filling because of their high fibre content. Banana adds gut-healthy resistant starch and sweetness, while milk provides calcium.

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