

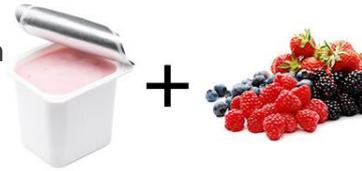
Quick Nutritious Snack Ideas

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 sweetness from the berries with the protein from the yoghurt will keep you satiated.



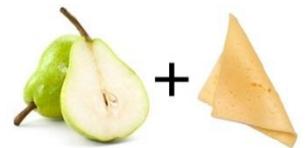
2. Apple + nut butter

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 + veggie 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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