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Lifestyle & Hobbies › Nutrition › Snacking

Beginner lessons for Snacking

Master the Art of Healthy Snacking!

DEFINITION

> Snacking involves eating small amounts of food between meals. It can be healthy or unhealthy depending on food choices.

KEY CONCEPTS

Healthy Options

Choose snacks that are rich in nutrients, like fruits, nuts, and yogurt.

Portion Control

Keep snack portions small to avoid overeating and maintain energy levels.

Mindful Eating

Focus on your snack without distractions to enjoy it more and recognize fullness.

Timing Matters

Snack at strategic times to prevent hunger and maintain energy throughout the day.

Hydration

Sometimes thirst is mistaken for hunger; drink water before snacking to check.

EXAMPLES

→ Apple slices with almond butter

→ Greek yogurt with berries

→ Carrot sticks and hummus

MEMORY TIPS

★ Remember 'Fruits and Nuts' for healthy snacks.

★ Use the acronym 'P.E.M.' for Portion, Enjoy, Mindful.

★ Think of 'Snack Smart' to remind you to choose wisely.

COMMON MISTAKES

✗ Choosing sugary or processed snacks too often.

✗ Ignoring portion sizes and overeating.

✗ Snacking out of boredom instead of hunger.

QUICK RECAP

Healthy snacking is about choosing nutritious options and controlling portions. Focus on mindful eating and snack at the right times to support your lifestyle.