

THIS WEEK'S GOAL: WHOLE FOOD SNACKS

Let's talk snacks!

Your goal this week is to choose whole food snacks

WHY CHOOSE WHOLE FOOD SNACKS?

- **NOT FILLING UP ON EMPTY CALORIES**
- **LESS CALORIE DENSE**
- **MORE FIBER**
- **VITAMINS/MINERALS**
- **CHANCE TO GET IN ANOTHER FRUIT AND VEGGIE**

WHAT MAKES A GOOD SNACK?

SOMETHING THAT INCORPORATES ALL FOOD GROUPS! CHOOSE A SNACK WITH CARBS, PROTEIN AND A BIT OF FAT.

Before you get overwhelmed by whole food snack choices, let your current snack preferences guide you...

Think about your typical day. What foods do you reach for between meals?

Take a moment and write down the snacks you typically gravitate to (use the empty space below). Look over your snack choices. Do they have anything in common? Are they all sweet? Salty? Crunchy? A little bit of everything? Are they mostly whole foods or processed (like chips)? Do you spend time preparing them in any way or are they grab and go?

Now take a moment and think about **WHY** you choose these snacks. Does something sweet put you in a better mood? Do you prefer crunchy to keep you awake during your afternoon slump? Do you choose grab and go because you don't have time to prepare a snack?

Use your answers above to guide you as you choose whole food snacks. If you prefer sweet, make sure to include fruit in your snacks. Salty? A handful of nuts or roasted chick peas. Crunchy? Carrots, cauliflower and celery.

Need grab and go? Choose snacks with minimal preparation: whole fruit, pre-washed veggies, cheese sticks, nuts. Take time once a week to prepare roasted chick peas or hummus, or to wash and chop veggies so you have them ready for the rest of the week.

Examples of snacks:

- 1/2C PLAIN GREEK YOGURT (PROTEIN)
MIXED WITH A TBSP CHIA SEEDS (FIBER)
TOPPED WITH BLUEBERRIES (CARB/SWEET)
AND A FEW SLICED ALMONDS (FAT/CRUNCHY).

- SLICED APPLE (CARB/SWEET/FIBER/CRUNCHY)
TBSP UNSWEETENED, NATURAL ALMOND BUTTER (FAT/PROTEIN)
HARD BOILED EGG (PROTEIN)

- CHEESE STICK (FAT/PROTEIN)
SMOKED SALMON (PROTEIN) A SMALL PIECE OF HONEY SMOKED SALMON MAKES A GREAT SNACK!
A FEW CELERY STICKS (CARB/CRUNCHY)
1/2C STRAWBERRIES (CARB/SWEET)

- COUPLE TBSPS HUMMUS (FAT/PROTEIN)
CUT VEGGIES (CARB/CRUNCHY)

CHOOSE HUMMUS WITH MINIMAL INGREDIENTS AND NO PRESERVATIVES OR MAKE YOUR OWN, THERE ARE TONS OF GREAT HUMMUS RECIPES ONLINE. CHOOSE ONE WITH MINIMAL OIL, OR SUBSTITUTE SOME OF THE OIL WITH WATER)

PLEDGE: THIS WEEK I WILL CONTINUE TO CONSCIOUSLY ADD MORE FIBER TO EACH OF MY MEALS. I WILL ALSO CONTINUE TO USE MY HAND TO DETERMINE MY PORTION SIZES OF EACH FOOD GROUP. GUIDED BY MY SNACK PREFERENCES, I WILL CHOOSE WHOLE FOOD SNACKS AND DO MY BEST TO INCLUDE A SMALL PORTION OF EACH FOOD GROUP. MOST IMPORTANTLY, IF I FAIL TO CONSCIOUSLY ADD FIBER, DON'T KEEP AN EYE ON MY PORTIONS AND INDULGE IN PROCESSED, EMPTY CALORIE SNACKS ONE DAY, I WILL REALIZE EACH MEAL, EACH SNACK AND EACH DAY ARE A CHANCE TO START OVER.

