

FUEL UP 'TWEEN MEALS



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Your stomach is growling, but lunch is hours away. You might just grit your teeth, thinking that waiting for lunch is the best. But why? You could always indulge in a snack!

Isn't snacking the same as eating junk food?

We are talking about healthy snacking, of course! Healthy snacks reduce the risk of developing type 2 diabetes, obesity, and heart disease. Snacking helps people with diabetes better control their blood sugar and decrease the risk for hypoglycaemia as well.

My friend packs snacks such as mixed nuts, banana, wholemeal crackers, an apple and baby carrots for her daughter every day.

They are so easy to pack, lightweight, low in calories, and high in vitamins and minerals to boost her child's energy in school.

It is the variety that makes the snack more appealing. The wider the range of foods we eat, the more nutrients we get.

References:

The Complete Diabetes Prevention Plan: A Guide to Understanding the Emerging By Sandra Woodruff, Christopher D. Saudek
Knack Healthy Snacks for Kids: Recipes for Nutritious Bites at Home Or On the Go By Amy Wilensky, Peter Ardito, Susan Byrne
Diabetes Snacks, Treats and Easy Eats ,for Kids By Barbara Grunes, Linda R. Yoakam R D, M S

But aren't snacks fattening?

Well, not really. Snacks help manage hunger and reduce binge eating. Moderation and balance is the key while incorporating the snacks in our daily diet. Remember to opt for snacks of 100 calories or less to stay within our daily calorie goal.

The nutrient-poor, sugar-laden snacks like candy bars give us a quick jolt of energy that is followed by a crash that can leave us hungry, cranky, sleepy, and unable to concentrate.

Healthy snacks are like slow-burners that help us keep going all day. Eggs, tofu snacks help to regulate concentration and alertness for they increase the production of neurotransmitters or chemical messengers that can affect mood, appetite, anxiety, sleep, heart rate, temperature, aggression, fear and many other psychological and physical occurrences.

A piece of a fruit or some raw veggies as a snack can tame our hunger without ruining our appetite for the next meal. In the afternoon, a snack would stave off the overwhelming fatigue and sleepiness. Having two to three snacks a day may just banish the postmeal sleepiness that usually results with engulfing too many calories at one sitting.

To get all the essential nutrients our body needs in a day, snacking can be very beneficial!

Healthy snacks are like **slow-burners** that help us **keep going all day.**

TRY THESE!

Fruits & Vegetables

Small number of calories, good amount of vitamins, minerals and fibre. Try celery sticks, cherry tomatoes, grapes and cucumber.

Nuts & Seeds

High in calories, high in fat, thankfully the good fat, but still, a handful is just about enough.

Whole-grains

High in complex carbohydrates that give energy with staying power.

Low-Fat Dairy Products

Cheese and yoghurt are good sources of calcium and protein.

