



SNACK GUIDE

This is a quick guide on some of my top snacking tips and what to snack on when you get a little peckish!





Who doesn't love a good snack? The thing is, snacking on the wrong things or snacking too much can easily put a halt to any weight/fat loss results you would like to see.

So first off, let's break snacks down into two categories.

- Healthy Snacks that contain nutrients, vitamins and minerals that are beneficial to your body and health in some way.
- Snacks that offer little to no benefit to your body and health.

Secondly, remember that eating healthy doesn't mean eating for weight loss as that is mostly determined by calories in vs calories out.

This means we could eat lots of healthy snacks that benefit our health but also take us out of a caloric deficit which is key for weight loss.

Thirdly, snacks that offer little to no nutritional benefit should be cut down but because these snacks are usually the snacks we want to eat for obvious reasons, it's learning how to balance them into your daily diet without feeling guilty or like you've failed because you have had one too many of them.



When and why do you snack? Is it hunger? Habit? Boredom? Enjoyment?

It's not talked about enough but eating for weight loss is hungry business. You're literally eating less calories than your body needs that day so although you shouldn't be starving all of the time, you are going to have days where you just feel hungry and snacks at this point are a good way to have some food without the same amount of calories as a big meal.

This is where keeping it low calories and healthy is best.

Snacking due to habit or boredom is a problem when you don't want to be boosting your calories up outside of meal times. This is where little tips and tricks can really help. Try having a big glass of water when you feel them snack thoughts fly in, try a small gentle workout to keep your mind healthy or even start prepping your next healthy meal to keep yourself occupied when you would usually snack out of boredom.

Do you enjoy snacking? Me too! This is where planning snacks in, even unhealthy ones is key. If you know you really want some unhealthy snacks whilst watching a movie on a night time, figure out what you want and then plan your healthy meals around how many calories you need to consume your preferred snack whilst staying on track.

Top Tips



DON'T UNDER EAT

Under eating is one of the reasons you feel like you have to snack so much. Avoid skipping meals and make sure your meals fill you to stop picking at junk.

WEIGH OUT YOUR SNACKS

Instead of eating from the bag, try weighing out a sensible portion of your chosen snack to make sure you don't end up eating a family sized bag.

BUYING INTO TEMPTATION

If it's not in the house, you are less likely to eat it. Try to limit the amount of goodies you buy at the shop which will in turn limit the amount of unhealthy snacks you eat.

STAY HYDRATED

Thirst sometimes tricks you into thinking your hungry. Staying hydrated can stop this so get more water down your neck.

DON'T GO NUTS

Nuts are an excellent and very healthy snack choice BUT watch out for portion size. A small handful of needs to be a small handful because if not, you're adding a huge calorie boost to your day.

Top Tips



DON'T GET DISTRACTED

Snacking whilst distracted can very easily lead to over eating. How many times have you watched a movie and before you knew it, the whole packet of biscuits were gone?

PLAN AHEAD

If your snacks are planned ahead of time, you will pick more wisely and not massively over eat.

CHECK THE LABELS

Try to pick good, fresh and healthy snacks if you can and try your best to avoid constant snacking on things with huge amounts of sugars etc added.

PROTEIN

Snacks high in protein will keep you fuller for longer. Instead of binging on a packet of crisps, have something like a few slices of ham/turkey.

DON'T STRESS OUT

Learning not to snack and binge on junk when stressed or emotional is one of the hardest things to do. Instead of trying to stop, have a healthy snack ready to grab just incase the worst happens.

HEALTHY SNACKS

Below is a small selection of healthy snack ideas. If you have any other suggestions and you want to know if a certain food would make a good snack, post in the group and I will have a look for you.

Oh and the answer to the question of 'How many snacks should I have per day' is it depends on how many calories you have had and how many you will be having in your next meals. If you eat less in your meals, you can snack more. I always try to keep some calories back in the bank for a little snack later at night.

- 30g of Cashews - 175 calories
- 200g of low fat yoghurt and 60g of blueberries - 200 calories
- Large Apple - 100 calories
- Medium Banana - 95 calories
- 200g of Strawberries - 60 calories
- 2 tbsps of Peanut Butter - 180 calories
- Chocolate Rice Cake - 55 calories
- 1 line of Dark Chocolate - 120 calories
- Veg sticks with 50g of hummus - 220 calories
- Medium hard boiled egg - 70 calories
- 100g of Turkey Slices - 100 calories
- Porridge Pot - 170 calories
- 30g lightly salted Popcorn - 150 calories



NOT SO HEALTHY SNACKS

Below is a small selection of snacks that aren't going to be super beneficial to your health but are tasty and super enjoyable. If you have any other suggestions and you want to know if a certain food would make a good snack, post in the group and I will have a look for you.

I have also added some slightly healthier snack ideas here such as bars that are made to be healthier alternatives.



- Fibre One Fudge Brownie - 90 calories
- 30g of Sour Cream and Onion Pringles - 158 calories
- 25g packet of ready salted walkers crisps - 130 calories
- 30g of Salted Peanuts - 184 calories
- 30g of Malteser Buttons - 160 calories
- 13g packet of Skips - 71 calories
- Nakd Cocoa Orange bar - 145 calories
- 200ml of B&J Fudge Brownie Ice cream - 435 calories
- 200ml of Halo Ice Cream - 230 calories
- 25g of Cadburys Giant Buttons - 130 calories
- 25g of Mature Cheddar Cheese - 104 calories
- 1 Sea Salted Cracker - 35 calories