

Quick n' Easy Snacks

- under 200 calories, ready in 5 minutes!

Remember, we need to eat every 2-3 hours to keep our energy up, metabolism revved, and keep those blood sugars level.

Here are some quick, easy snacks around 200 calories for you to grab in a hurry. And remember to keep them low on the glycemic index, and no labelled foods or man-made products (no bread, crackers, muffins, bagels etc. If it's not made in nature, it's not meant for your body!). And NO rice cakes – they're high in sugars (natural sugars, yes, but still high impact) and will spike your insulin. And NO energy drinks. They're not about energy, they're about sugar.

Keep your snacks bite-sized. It is, after all, a snack, mean to keep you satiated and to keep your energy and metabolism on even ground. It's not meant to fill you up. It's not a meal. If you're full, you've eaten too much and your blood sugars will dip, signalling your body to start storing fat.

Try to include the 3 basic food groups in your snacks – protein (if even just a little), quality carbs and a bit of fat. That will ensure your metabolism is kept up, and you're sailing on calm waters.

Create a Snack Pack: Use a small bag or container with different pockets, and refer to this as your *snack pack*. Make sure it's filled before you head out the door. Then the habit is ingrained and you'll surely stay on track. Most of all, be like a **COD** fish – **C**reative, **O**rganized and **D**isciplined!



Make and Take

Remember, trying to source out healthy snacks while on the run is difficult and usually counterproductive to good health.

The healthiest snacks are the ones we *make and take with us*. Bars (even seemingly healthy ones!), muffins, bagels, fruit juices (yes juices) and even some fruits will spike your insulin and blood sugars, drop your energy, slow your metabolism, turn on your fat-storing mechanisms, acidify your body, and increase your likelihood for cravings and future weight gain. So learn to prepare your own snacks in advance. It's all up to you!

Fridge Fixes

Make sure you always have some healthy snacks in your fridge or pantry for those times when you need something small and fast. It's an easy habit to get into, once you get the hang of it.

Packin' Snacks

Wrap it Up

- Take a tortilla wrap (if wheat or gluten is an issue, try brown rice wraps or Ezekiel sprouted wraps found at health food stores)
- Spread on 1 TBSP nut butter (almond, hazelnut, cashew).
- Add in thin apple slices or a banana.
- Sprinkle with cinnamon
- Roll up, cut into thirds, and enjoy!
- Total Calories – 400, so just eat $\frac{1}{3}$ or $\frac{1}{2}$ at a time.



Yogurt Cup

- ½ cup unflavoured yogurt
- Handful of berries (strawberries, blueberries, blackberries – you can purchase frozen mixed berries at Safeway or Thrifty’s.
- 2 TBSP granola or ground flax seed



Veggies n’ Dip

You can purchase hummus at your local grocery store (try *Holy Hummus*).

- Bag of mixed veggies
- 3 scoops hummus

Dip and enjoy! Watch the serving sizes on this – more veggies, less dip!



Baker’s Delight

One small baked potato topped with ½ tsp dried onion flakes, mixed with 2 TBSP plain yogurt. Fast n’ easy! Try it with a sweet potato too. Yum!



Banana-Almond Split

- ½ banana sprinkled with cinnamon
 - 1 tsp almond butter blended with 1 tsp plain non-fat yogurt
- Dip banana in the yogurt blend, for a creamy, satisfying treat!



Ready-Made Fridge Snacks

The key to successful snacking is to have something available *before* you get too hungry. Learn to keep your fridge stocked with healthy foods at all times, so you can grab something fast and healthy.

Egg Salad Bowl

I always have a bowl of fresh egg salad in the fridge, to have a quick, protein-filled snack when I need it fast. Try making your egg salad with *Spectrum* mayonnaise from the Health Food store. There is no added sugar and no trans fats, and it tastes just like real mayonnaise. Use ¼ wrap of whole grain crackers for dipping.



Tuna Bowl

I always have a prepared bowl of tuna in the fridge for when the urge strikes. Spread on crackers or ¼ wrap for a quick, easy snack.



Boiled Eggs

I always have two or three boiled eggs on hand for a fast snack. You can sprinkle them with sea salt, or try a dash of cayenne pepper for added zest!



Protein Hit

1 scoop protein powder in ½ cup juice or almond milk to satisfy your craving, level out blood sugars, and rev your metabolism. Try chocolate or vanilla-flavoured powder. Yum!



Nut Butters – *almond, cashew, hazelnut, peanut butter (organic)*

There are about 120 calories in each TBSP, but spread on a rye, spelt or rice cracker or in a ¼ wrap and you've got a satisfying, healthy snack for under 200 calories. Throw in a small slice of banana, apple and a sprinkle of cinnamon or nutmeg.



Stir it Up

Put warmed-up left over stir fry from last night's dinner in a small wrap for a quick, easy snack.

More Smart Snacks:

- ¼ avocado - spread on crackers with a sprinkle of feta or parmesan cheese
- Kalamata Olives – 10 will do for a nice, healthy snack.
- Fresh Nuts (not roasted) – 10-15 nuts is all you need.
- Nut Butters – 1 Tbsp will soothe that growly beast inside

Healthy Protein Bars – Most protein bars are poor choices, as they are high in sugars, carb dense and just too many calories. But there are healthy choices out there.

Try these alternatives, which you can find in any health food store. (Yes, they're more expensive, but you only need ½ the bar, as they're filling. Remember, what's an extra 50 cents when you're trying to stay off the fat-storing Rollercoaster, and stay healthy?).

- Larabar
- Elev 8 Me
- Garden of Life – Perfect Food, Fruits of life bars
- Veganique
- Greens+
- Nutrilean+
- Oskri
- Organic Food Bar