SNACKING WHEN WORKING FROM HOME

Snacking between meals can be part of a healthy lifestyle, we just need to be mindful of our snack choices and how much we are snacking and keep to the recommended 100kcal snacks. Snacks should make up around 20% of your daily calorie intake which for a woman on a 2000kcal intake would equate to 200kcals. This is still the case when in lockdown, just make sure you aregetting out once a day for a good walk, run or cycle and moving at least oncean hour when working at home.

TIPS FOR HEALTHY SNACKING:

- Don't just focus on the calories – check the amount of fat, saturated fat, salt, added sugar by looking at the traffic light labelling
- Portion control – you can still have your favourite chocolate or biscuits but check the recommended portion size on the packaging.
- Listen to your hunger queues – I don't let yourself get too hungry, listen to your body and have a small snack in between meals if you get hungry
- Base your snacks on fruit, veg, wholegrains and protein, these will leave you feeling fuller than snacks high in sugar and fat, helping you to avoid continuous snacking
- Make sure to stay hydrated throughout the day. Many people confuse thirst for hunger.

To keep us in good physical, mental and emotional health whilst in lockdown we should all be looking to nourish our bodies with the food we are hoosing or are able to purchase.

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- If you find you snack a lot why not have smaller more frequent meals, rather than 3 traditional meals per day.
- Stay hydrated using squash, diluted fruit juice, herbal and fruit teas·
- Plan ahead and make your snacks at the beginning of the day. You are less likely to grab something quick like crisps and biscuits when you are hungry·
- Avoid shopping when you hungry and go with a list. We know we can't always get what we need at the supermarket, but you are less likely to snack whilst shopping or to pick up food higher in fat, saturated fat, salt and sugar hunger.

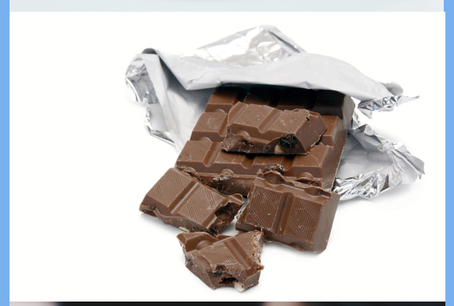
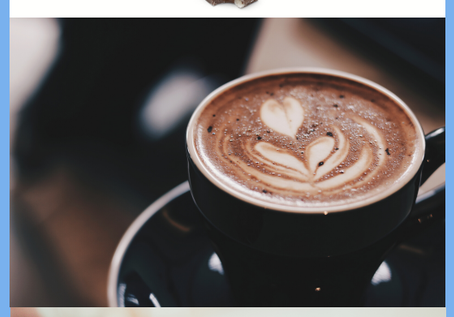
By Rosie Cadogan RNutr



HEALTHY SNACK IDEAS:

- Small handful of unsalted nuts or seeds·
- An apple, banana or 30g of dried fruit·
- Vegetable sticks with homemade hummus ·
- Wholemeal pitta bread with homemade salsa·
- Small natural or Greek yogurt with chopped fruit·
- 25g of plain popcorn sprinkled with cinnamon·
- 25g of cheese with cherry tomatoes·
- Slice of wholemeal toast with no added salt or sugar peanut butter·
- Rice cake with low fat spread, slice of ham and cucumber·
- 200ml of milk blended with banana and a pinch of cinnamon·
- 2 hard boiled eggs·
- Roasted chickpeas with seasoning (salt and pepper, piri piri or Cajun spices, Italian herbs)
- Sliced banana on a slice of wholemeal toast

SIMPLE SWAPS

Swap		*For*
	crisps for a toasted wholemeal pitta bread	
	biscuits for plain popcorn or a rice cake	
	chocolate for yogurt and fruit or a handful of low sugar cereal	
	milky coffees for herbal and fruit teas	
	cakes and bakes for a crumpet with low fat spread	