



Healthy Snacking

Is snacking good or bad for you?

Snacking can be associated with a lot of benefits as well as pitfalls.

It can either lead to weight gain or help to maintain your weight. Snacking is a great way to control your blood sugar levels and to help and reach your protein and carbohydrate requirements for the day. It can play a very important role in maintaining a healthy diet when it is done in the correct way.

Blood sugar control

Research has shown that the intake of healthy snacks can suppress a rise in blood glucose levels. Certain snack components may play a role in regulating glucose metabolism and can decrease your risk of developing diabetes.

Not all snacks are healthy and therefore it is very important to focus on the right type of snacks otherwise it can spike your blood sugar levels. Certain carb-rich snacks can be unhealthy when consumed in large amounts. Why? Because it converts directly into sugar in your blood stream!

When daily meals consist of refined carbs and processed foods, insulin levels tend to spike. Insulin is a fat storing hormone and therefore we do not want high insulin levels in the body. High insulin levels = A lot of fat stores!

When snacking, rather focus on nutrient dense snacks.

Eat food that contributes to the nutrients your body needs!

Type of snacks

High protein vs high carb

Both high protein and carbohydrate snacks have lots of benefits.

Protein based snacks can boost your metabolism and reduce your appetite, which can facilitate weight loss. Protein lowers your blood pressure and increase muscle mass and strength. A quick snack with lots of protein includes hard-boiled eggs, cheese slices and lean biltong

Carbohydrates are an essential part of a healthy diet. It is the body's primary source of energy. Carbohydrates fuel the brain, kidneys, heart muscles as well as the central nervous system, which can prevent diseases such as diabetes and heart disease.

Carbohydrate based snacks includes fruit, provitas and wholewheat crackers.

Both protein and carbohydrates are essential for survival BUT it is important to focus on high protein snacks when you want to lose weight!

Healthy snacks on the go

Snacks can be enjoyed when you relax at home or even on the go.

Time can be of the essence and it is not always realistic to make time-consuming healthy snacks. Not sure what to make?

Here are 6 healthy snacks ideas for when you are in a hurry:

- A handful of mixed nuts
- Apple slices with peanut butter
- Greek yogurt and mixed berries
- Hummus with carrots, celery and cucumber slices
- A piece of fruit
- Provitats with cheese
- Lean biltong
- A boiled egg
- Cracker bread with low fat cottage cheese



All in moderation

Snacking has lots of benefits, but too much of a good thing can be a bad thing.

That is why snacking should be done in moderation! It can lead to unwanted weight gain when portion sizes are too big. Too much snacking can reduce hunger at meal times. That can lead to skipping meals which increases the risk of losing out on important nutrients. Remember, when snacking, it should be done in a manner that is beneficial to your body's needs.

Snacking can be an essential part in one's diet. It is an easy way to gain more nutrients as well as feeding that hunger spot between meals. Just be sure to focus on the right type of snacks! Feel free to contact us for more info on healthy snacking and how to incorporate snacks in your busy schedule.

Nothing brings people together like good food.

