



HEALTHY SNACK ATTACKS!

Yikes!

AVOID FOOD COMAS & BECOMING HANGRY

Be proactive not reactive. A ravenous appetite makes you prone to a "food coma" (a hangover state resulting from gorging on junk food or simply overeating). If you wait too long to eat you can also expect to end up "hangry" (a state of hunger leading to anger and other irrational moods).

Depending on your natural intuitive hunger pattern, **eat a meal or snack every 3-5 hours**. This will help prevent overeating as well as keep your energy, focus and productivity soaring high.

Yeah!

EAT FULLY (HEALTHFULLY + SOULFULLY)

Power your body with premium fuel like a high performance sports car. During your normal work or school day, choose nutritious foods to maximize productivity to feel your best.

There is **no need to be a perfect eater** since all foods (even chocolate cheesecake and greasy nachos) can certainly fit. **Deprivation often leads to overconsumption.**

The healthiest and happiest eaters **save room for soulful foods chosen for fun, flavor and flexibility**. First consider your own personal "non-negotiable" or favorite fun foods and build a healthy living plan around these to ensure sustainability.

Yahoo!

MARRY CARBS + PROTEIN

Meals and snacks that have both **carbs and protein will keep your energy consistent throughout the day** and help you feel like you are riding a train rather than a rollercoaster.

Carbs found in grains, starchy foods, fruit and veggies are like "gasoline" to fuel your brain and muscles. Carbs are also comfort foods – they boost serotonin in the brain, which boosts mood. If you have missed sufficient carbs in your meals your brain will not have the energy it needs to get you through the day.

Protein is found in food such as meat, poultry, seafood, dairy, eggs, nuts, and legumes and provides fullness and sustained energy. If you have missed a source of protein in your meals you can feel highs and lows in your energy and hunger levels.

Yup...

PHYSICAL VERSUS EMOTIONAL HUNGER

Physical hunger grows gradually while emotional hunger often advances abruptly. The signs of true physical hunger may include the stomach rumbles, fatigue, difficulty focusing, food cravings and negative changes in mood.

Everyone eats for emotional reasons *sometimes*. If emotional eating starts to become a negative influence on your health, body image and relationship with food, it is important to learn other ways to soothe or nurture yourself. Ask yourself:

What is eating me? If I am eating when I am not truly hungry, is it because I am stressed, sad, bored, angry or worried?

What am I hungry for? What am I looking for in my life that has not come my way yet? What fulfills me and brings me joy?

How can I comfort myself without food? How else can I soothe or nurture myself? Is there an enjoyable hobby, task or activity that I could do?



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Cocoa Energy Bars

ANDREA'S AWARD WINNING RECIPE

These yummy energy bars won **first prize** in a recipe contest with the *Peanut Bureau of Canada*. As a time-saver consider doubling the recipe and freezing bars for snacks when needed.

What you need:

- 3/4 cup peanut butter
- 3/4 cup honey
- 3/4 cup brown sugar
- 1/2 cup cocoa
- 1-1/2 cups oatmeal
- 1-1/4 cups rice crisp cereal
- 1 cup dried fruit (such as cranberries)
- 1 cup crushed nuts (such as peanuts)

How you prepare:

In a pot, combine peanut butter, honey, sugar, and cocoa and cook until smooth. Add the rest of ingredients and mix well. Grease a 9 by 13 inch pan and firmly press batter in pan. Cut into squares while warm.

Makes 32 Bars
Per Serving: Calories 133,
Carbohydrates 20 g, Protein 3 g,
Fat 6 g, Dietary Fiber 2 g

**It's your health.
Take a stand.**



YUM!

51 Healthy Sweet & Savory Snacks

1. Plain Greek yogurt with a touch of honey and fresh berries.
2. Nutty chocoholic bars. In a food processor pulse until coarsely ground 3 cups dates, 3 cups toasted nuts, pinch of salt, 1/4 cup cocoa and 2 tbsp honey. Stir in 1/2 cup chocolate chips and press firmly into baking pan and cut into bars.
3. Whole-wheat pita bread and hummus with celery sticks.
4. Multigrain crackers with cream cheese topped with cucumber or red pepper slices.
5. Smoothie made with yogurt, frozen berries, banana and unsweetened juice or milk. If you are a health geek, try adding chia seeds, hemp hearts, ground flax seeds, spinach or kale.
6. Dry breakfast cereal mixed with dried fruit (such as raisins, dried cranberries, dates, figs, prunes and dried apricots) and nuts or seeds (such as peanuts, almonds, cashews, pumpkin seeds or sunflower seeds). Other additions include pretzels, popcorn or crackers.
7. Chocolate banana smoothie. Blend milk, cocoa powder, banana, ice and a wee bit of honey or sugar in the blender until smooth.
8. Taco chips with bean dip. To make the bean dip, layer the following one by one in a pie plate: canned refried beans, mashed avocado mixed with lime juice, salsa, grated cheddar cheese, green onions and chopped cilantro.
9. Oatmeal date squares and a glass of milk.
10. Raw veggies such as grape/cherry tomatoes, carrots, celery, broccoli, cauliflower, snow/snap peas with creamy yogurt dip.
11. Apple or rhubarb crisp with a dollop of Greek vanilla yogurt.
12. Kale chips. Wash and dry kale and tear into bite sized pieces; toss with a drizzle of olive oil and pinch of sea salt and bake until crunchy.
13. Homemade bran muffin, cheddar cheese cubes and grapes.
14. Greek salad with or without a whole-wheat pita.
15. Yogurt parfait with yogurt, granola or muesli and fruit (berries, pineapple, mango, kiwi, peaches or dried fruit). Other additions include slivered nuts, chia seeds, hemp hearts or ground flax seed.
16. Place hummus at the bottom of a martini dish and top with pretzel sticks and/or snap peas and sweet bell pepper slices.
17. Mini bocconcini cheese, grape/cherry tomatoes and fresh basil on toothpicks or on a plate. Drizzle with olive oil and balsamic vinegar.
18. Taco chips with salsa and/or guacamole.
19. Cozy vanilla milk (add pure vanilla to a warm mug of milk with a pinch of brown sugar).
20. Spread peanut butter or other nut butter on a banana. Consider rolling in crushed breakfast cereal and placing on a Popsicle stick.
21. Fresh fruit kabob with yogurt dip.
22. Oatmeal or ready-to-eat breakfast cereal and milk.
23. Frozen yogurt or fresh fruit sorbet with fresh fruit.
24. Grated carrot and raisin salad with sweet vinaigrette.
25. Homemade chips (cut up whole wheat pita or tortillas into triangles with scissors, spray/brush with oil and top with a sprinkle of salt and/or seasonings and bake until crispy).
26. Small tray of sushi or sashimi and/or miso soup.
27. Unsweetened applesauce and whole-wheat crackers with tzatziki dip.
28. Frozen grapes and kiwis (freezing brings out the natural sweetness).
29. Hot or cold leftover pancake or French toast strips with jam.
30. Cottage cheese with sliced apples or pears with a sprinkle of cinnamon.
31. Hard cooked egg and whole-wheat crackers.
32. Use leftover smoothie mixtures to make healthy homemade frozen popsicles.
33. Yogurt tube (frozen) with fresh fruit.
34. Avocado with fresh lime, cayenne pepper and a dash of sea salt on whole-grain crackers.
35. Dessert flavored tofu with sliced strawberries or other berries.
36. Banana bread or carrot muffin and latte or tea latte.
37. Mini pizzas made with mini whole-wheat bagels or pita bread and tomato sauce, veggies and cheese.
38. Homemade air-popped popcorn with butter and salt. For the adventurous, try cayenne pepper or chili powder with a squeeze of lime.
39. Shrimp and cocktail sauce served in a martini glass.
40. Vegetable soup (try mixed veggie, roasted red pepper, butternut squash, cauliflower or carrot soup).
41. Mix almond butter or peanut butter with plain yogurt to make "yo-nut dip" for pretzels, raw veggies or for fruit slices (such as banana, apple or pear).
42. Sophisticated ants on a log (celery sticks with almond butter, sliced dried figs or dried cherries).
43. Mini quesadilla made with brie/blue cheese and pear/apple slices.
44. Steamed edamame beans with sea salt.
45. Latte or tea latte and gingersnap or oatmeal cookies.
46. Whole-wheat baguette with ricotta cheese, tomato, fresh basil and reduced balsamic vinegar.
47. Sliced tomato or cucumber with a sprinkle of feta cheese, olive oil and ground pepper.
48. Handcrafted real hot cocoa: mix 1 tbsp cocoa powder, 1 tbsp sugar and 1 tbsp milk and create a paste; add 1 cup milk and heat.
49. Your favorite soulful food or non-negotiable snack chosen for fun and flavor.
50. Chocolate (after all I am the "Chocoholic Nutritionist™").
51. Bonus! Cocoa Energy Bars (see recipe).



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