

PantryPress

Healthy Snacking: Fueling Your Body the Smart Way

Snacking is a part of daily life, and when done mindfully, it can be a powerful tool to keep your energy levels stable, your mood balanced, and your hunger under control. However, it is easy to fall into the trap of convenience snacks that are high in sugar, salt, and unhealthy fats. That is why understanding healthy snacking is key to supporting overall wellness.

The Importance of Healthy Snacking

Healthy snacks can bridge the gap between meals and help regulate blood sugar levels, especially for those with active lifestyles, children, or individuals managing chronic conditions like diabetes. Nutritious snacks also provide essential nutrients such as fiber, vitamins, and healthy fats that contribute to better concentration, digestion, and even weight management.

Get Started Snacking

1. **Choose all colors of the rainbow.** Snack time is a good time to reach the daily recommendation of fruits and veggies ~ 2 cups fruit & 2 ½ cups veggies. (USDA)
2. **Pick convenient snacks like apples or bananas.** No need to make a mess in the kitchen, just grab and go.
3. **Combine food groups to make a well-rounded snack.** Pairing a protein with fiber and healthy fats can leave you feeling satisfied until your next meal.
4. **Prep ahead & keep options on hand.** Having healthy snacks ready to eat will make it easier to reach for the foods that provide your body with energy.
5. **Create your own snack mix.** This will allow you to choose lower sodium options and leave out the added sugars.

Ideal Times for Snacking

The right time for snacking can help prevent overeating during meals. If breakfast was early, grab a snack around mid-morning to avoid feeling empty by lunchtime. If you are trying to avoid a post-lunch slump, pack a snack for midafternoon to keep energy levels steady. It is a good idea to pack a snack for after workouts to replenish your energy and help your muscles recover.

Simple Snacks Ideas

- **Protein-rich snacks:** Greek yogurt, boiled eggs, hummus (chickpeas) with veggies, peanut butter.
- **Fiber-filled snacks:** Fruits, whole grain crackers, air-popped popcorn.
- **Healthy fats:** A handful of nuts or seeds, tuna salad.



Peach Salsa

Serves: 4

Ingredients

- 1 (15 oz) can peaches, rinsed, drained, and chopped
- 1 (15 oz) can tomatoes, rinsed, drained, and diced
- 1 teaspoon onion powder or ½ cup onion, chopped
- ½ teaspoon garlic powder
- ½ tablespoon dried cilantro
- ½ cup bell pepper, chopped (optional)

Directions

1. Add all the ingredients into a large bowl and stir to combine.
2. Cover and chill. Serve cold and enjoy!

Nutrition Info

86 Calories
0g Fat
21g Carbohydrates
2g Protein
20 mg Sodium

Related Links:

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/healthy-snacking>

<https://www.health.harvard.edu/staying-healthy/7-ways-to-snack-smarter>

