

Healthy snacks on the go



When choosing a healthy snack try to opt for items that will keep you feeling fuller for longer while not raising your blood sugar too quickly.

Regular snacking not only helps you beat hunger, it can boost your metabolism as well, says dietitian Monique dos Santos who recommends having a snack two to three times a day.

When packing healthy snacks, a good tip is to choose a protein-based option for when hunger strikes as protein generally takes more time to chew, which helps your brain catch up to your stomach that you are no longer hungry. Protein is great as well because it helps to slow down the release of carbohydrates into your system thus keeping your blood sugar levels steady. This doesn't mean that all snacks have to be protein-based, however, so be sure to opt for a variety of snacks in your day.

Here are some great ideas for snacks on the go:

- **Fruit.** A fresh fruit or a handful of dried fruit is a great portable option.
- **Carrot sticks.** Some cut up carrot is a great

low calorie hunger buster that will provide you with a range of health benefits to boot.

- **Air-popped popcorn.** This is a great low fat snack that feels like a real treat. Three cups of air-popped popcorn is the equivalent of one slice of bread so you can get away with having quite a bit more, says dos Santos.
- **Lean biltong.** This is a great source of protein, great lean and lower calorie options are ostrich and venison – just keep portions to a handful.
- **Nuts.** Nuts are the perfect portable snack. Raw and unsalted is best, keep portions to the size you can fit into a closed hand.
- **Wholewheat crackers.** These are versatile snack options that can also be bought in bulk for later. What's great about them is that you can have them on their own or pair them with some protein such as peanut butter, tuna, and cottage cheese for a great balanced snack.
- **Pre-peeled hard-boiled eggs.** Few things will beat hunger better than a hard-boiled egg.