



Healthy Snacking



This leaflet is for people who want to lose weight or stay at a healthy weight.



What is
healthy
snacking?



Why should I
not eat too
many snacks?



How can I
choose
healthy
snacks?



What can I do
instead of
snacking?



Remember to keep following advice from your health professionals. For example, a doctor, a Speech and Language Therapist or a Dietitian.

This might be advice about what to eat or what texture your food should be.

Why is it good to eat healthy food?



- Healthy food helps to keep your heart healthy.



- Healthy food gives you energy.



- Healthy food helps to keep you active. This means it helps you to keep moving and doing things.



- Healthy food helps you to feel happy.



- Healthy food helps you go to the toilet. It means you can poo easily and that your poos are not too soft or too hard.



- Healthy food helps you to stay at a healthy weight. It is not healthy to be too underweight or too overweight.



- Healthy food helps you sleep.

How can you eat healthily?



Eat a healthy breakfast, lunch and dinner.



Drink water.



Eat lots of fruits and vegetables.



Eat food that is high in fibre. Fibre is something in food that helps you to poo. Examples of foods that are high in fibre are wholemeal bread, brown pasta, brown rice, high fibre cereal, baked potatoes and nuts.



If you are not very active do not eat as many snacks. If you eat too many snacks you can put on weight.



Try not to snack between meals.



Keep an eye on how many snacks you eat each day. If you need a snack then 1 or 2 healthy snacks each day is about right.

What does carrying too much weight mean for your health?



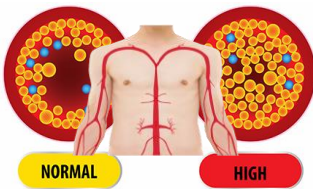
Carrying too much weight can mean you feel tired.



Carrying too much weight can mean you get out of breath easily.



Carrying too much weight can make you have sore joints. For example, pain in your knees, hips and back.



Carrying too much weight can make you have high cholesterol. This means you have too much fat in your blood.



Carrying too much weight can make your blood pressure high.



Carrying too much weight can make you need more medications.

When is it good to snack?



It is good to snack if you are very active.



It is good to snack if you are hungry.



It is good to snack if you need to put on weight.

What does being hungry feel like?



You may have a rumbling, empty tummy.

You may find it hard to think.



You may have less energy.

You may get upset or angry more easily.



When you feel hungry have a think.

Are you really hungry or do you want to snack for another reason?

Why do you snack?



Sometimes you might snack because you are bored or lonely.



Sometimes you might snack because you see other people eating.



Sometimes you might snack because it is a habit. For example, always having a biscuit with your morning cup of tea.



Sometimes you might snack because you are stressed, worried or unhappy.



Sometimes you might want a snack because you are thirsty.

Have I had enough to drink today?



Can you think of any reasons why you snack?

What can you do instead of snacking?

If you are not hungry you do not need to snack. Here are some things you can try instead.



Have a drink.



Go for a walk.



Do a puzzle.



Read a book.



Do art or craft.



Brush your teeth.



Talk to a friend.



Listen to music.



Dance.



Garden.



Tidy up or clean.



Write a story.



Can you think of anything fun you could do instead of snacking?

What are healthy snacks?

If you are hungry you can choose a healthy snack. Here are some examples.



1 handful of fruit.



A small handful of nuts and seeds.



1 pot of Yoghurt.



A small bowl of Porridge.



1 slice of wholemeal toast.



2 Rice cakes.



A Cereal Bar.



1 small Scone.



A small bowl of popcorn.



Vegetable Sticks.

What are unhealthy snacks?

If you are hungry, here are some snacks you should try **not** to eat. These are some examples of unhealthy snacks.



Buns.



Cakes.



Sugary drinks.



Ice-cream.



Chocolate.



Crisps.



Chips.



Milkshakes.



Sweets.



Biscuits.

How can you choose healthy snacks when you are out?



When we are out we might eat because

- we are hungry
- other people are eating
- or because it is a habit.

Top tips.



If you are going out it is important to make time for a healthy breakfast, lunch and dinner.



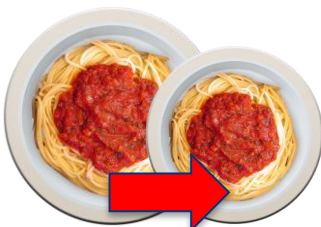
You could eat your meal before you go out.



You could get a healthy snack or meal from a shop or café.



You could share a snack with a friend.
For example, have half a sandwich each.



You could ask for a smaller plate of food.

Treats that are not snacks.

There are lots of things you can treat yourself to that are not food. Here are some examples.



Learn something new.



Have a massage.



Buy a magazine or book.



Play a game.



Go to the cinema or theatre.



Go to an exercise class or play a sport.



Go on a trip out.



Go to a social club.



Do art and crafts.



Go clothes shopping.



Get your hair done.



Save up for a big treat like a holiday.