

## **SNACKS – Keep the fire burning**

We have all heard, and most of us believe that we need to eat less and exercise more to lose weight. Is that your take on it?

Consequently people rarely snack in between meals because they are worried they will put on weight. Most people eat 2-3 times per day and really have trouble getting and staying lean.

Did you know that the people that eat 6 or more times per day have more energy, are healthier and are leaner? It may be hard to believe but it is very true.

It is all about metabolism. The better/faster your metabolism the better you will feel, function and look.

Your metabolism is like a fire – if you fuel the fire regularly it will keep burning strong. If you rarely put fuel on it, it will go out.

So by eating a great breakfast, a healthy lunch, a small nutritious dinner and most importantly adding convenient healthy snacks in between you keep your metabolic fire burning. You will feel fantastic, sleep better, have much more energy, be healthier and of course lose fat and keep it off. How does that sound?

I know what you are asking – what should I snack on and when should I snack?

The first and most important thing about snacking is organisation. If you can leave home with your 'snack pack' full of healthy yummy and nutritious snacks you are on track. However, if you rely on stopping and buying healthy snacks at the right time you will find it very difficult.

You should aim to eat breakfast within 30 minutes of getting up and then eat a snack or meal every 2 hours (this may vary a bit depending on individual needs).

Here is a list of healthy & convenient snacks and some things to look out for:

1. **Fresh fruit** (ideally organic) – not too much dried fruit as it has a higher concentration of sugar and contains preservatives
2. **Nuts & Seeds** – the best are almonds, macadamias, walnuts, pumpkin seeds & sunflower seeds. Avoid roasted and salted nuts.
3. **Yoghurts** – make sure you have natural or naturally sweetened yoghurt. Avoid fat and sugar free yoghurts as they are much higher in sweeteners and artificial ingredients.
4. **Bars** – good quality protein bars are the best. Avoid most muesli/health bars as they are very high in sugars and artificial

ingredients. Look at the ingredient list and find the ones with the least sugars and numbers. Email [info@andrewjobling.com.au](mailto:info@andrewjobling.com.au) if you want to find a great range of protein bars.

5. **Crackers & natural toppings** – make sure you go for quality crisp bread like *Vita Weat*. Healthy toppings include; avocado, tomato, cottage cheese, tuna etc.
6. **Smoothies & Juices** – avoid sugars, syrups, icecreams and frozen yoghurts in your smoothies. Go for natural ingredients.
7. **Vegetable bits & dips** – carrots, celery, capsicum etc.
8. **Quality Dark Chocolate** – 70% cocoa or more (moderation)

For much more information about this vital area of nutrition, order your own copy of 'Eat Chocolate, Drink Alcohol and be Lean & Healthy'. This can be done through <http://www.andrewjobling.com.au/page6.php>.

