



HEALTH AND WELLBEING CHECKLIST

Date

23

Healthy Snacking Alternatives

Choosing nutritious snacks can support your health goals and keep energy levels stable. Use this checklist to make healthier snacking choices.

Plan Your Snacks Ahead of Time

- Prepare healthy snacks in advance to avoid reaching for junk food.
- Example: Pre-cut fruits and vegetables or portion nuts into small containers.



Opt for Whole Foods

- Choose minimally processed snacks like fresh produce, nuts, and seeds.
- Example: Snack on an apple with almond butter or plain Greek yoghurt with berries.



Include Protein-Rich Snacks

- Choose options that keep you full longer, like boiled eggs, hummus, or cheese.
- Example: Pair hummus with carrot sticks or celery.



Swap Sugary Treats for Natural Sweets

- Replace candy or cookies with fruits like dates, grapes, or bananas.
- Example: Freeze grapes for a refreshing snack.



Keep Hydration in Mind

- Drink water or herbal tea before snacking to ensure thirst isn't mistaken for hunger.
- Tip: Infuse water with fruits or herbs for added flavour.



Avoid Eating Straight from the Package

- Portion snacks into smaller servings to prevent overeating.
- Example: Use a small bowl for chips or nuts instead of eating from the bag.





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Add Crunch with Veggies

- Replace chips with crunchy vegetables like bell peppers, cucumbers, or snap peas.
- Tip: Pair with a healthy dip like tzatziki or guacamole.



Experiment with Healthy Recipes

- Make your own snacks, such as energy balls, baked kale chips, or roasted chickpeas.
- Example: Blend oats, nut butter, and honey to create no-bake energy bites.



Stock Your Pantry and Fridge Wisely

- Keep healthy snacks on hand to make better choices easier.
- Tip: Replace processed snacks with nutritious alternatives like trail mix or dried fruit.



Snack Mindfully

- Eat slowly and focus on enjoying your snack rather than multitasking.
- Tip: Use a hunger scale to decide if you're truly hungry.



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