

## Snack Attack

Go out on a limb - that's where the fruit is

**"Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded."**

- Wolfgang van Goethe

Everyone at some time or another has had a snack attack. Views on snacking differ. Some feel snacking is bad and that eating between meals leads to weight gain. Others believe that eating many small meals and snacks throughout the day is healthy for maintaining energy levels and optimal weight. If there were one way of snacking that was right for everyone, we all would be doing it!

To alleviate snack attack guilt, try to understand why you are snacking and what snacks work best for your body. Are you snacking because your daily diet is missing nutrition, or because you are eating too little at meals and you get hungry again? Or are you snacking to soothe jangled nerves or to entertain yourself when you are bored?

Although snacks are no substitute for loving your life, they can be great energy boosters and a healthy way to keep your body fully nourished—as long as you use a little common sense. Many convenient snack foods are highly processed and full of chemicals, additives, damaging fats and refined sugars. Try foods that are filling and satisfying, but also nutritious. Snack on things that don't come in a plastic wrapper or a box, like fresh fruit, leftover vegetables or rice cakes with almond butter and fruit spread. Make your own signature trail mix, or munch on blue corn chips with hummus.

You can also try "upgrading." If you are craving something crunchy, upgrade from potato chips to raw carrots, apples, baked kale or yam chips; if you are craving a candy bar, upgrade to a handful of nuts and dried fruit; instead of a cup of coffee upgrade to green tea; instead of ice cream, upgrade to applesauce with cinnamon. Upgraded snacks are high in nutrition and give you a greater sense of satiety and satisfaction; you won't feel physically or psychologically deprived, and you'll have plenty of energy to sustain your activities for many hours.

*Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.*

*Amy can be found on fastloop as "[ABC815](#)". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.*

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