



# SNACKING 101

## YOUR FREE GUIDE TO SNACKING HEALTHILY AND HAPPILY

### BOOKLET INCLUDES:

- IS SNACKING A BAD THING?
- MINDLESS OVERSNACKING
- HOW TO CREATE THE PERFECT SNACK  
PLATE
- SNACK PLATE EXAMPLES!
- A SNACK PLATE PLANNING SHEET





# SNACKING 101



## IS SNACKING A BAD THING? ABSOLUTELY NOT!

EATING AS LITTLE AS POSSIBLE HAS BECOME SO NORMALISED AND GLAMORISED ON SOCIAL MEDIA BUT, TRUTHFULLY, IF YOU'RE PHYSICALLY HUNGRY, YOU NEED TO EAT, ESPECIALLY IF YOU'RE EXPERIENCING LETHARGY FROM THE HUNGER.

THERE IS ABSOLUTELY NOTHING WRONG WITH SNACKING AS LONG AS IT IS DONE MINDFULLY (WE'LL TALK MORE ABOUT THIS IN A MOMENT).

WITH THE INSANE PRESSURE THAT DIET CULTURE PUSHES ONTO US, IT'S REALLY EASY TO FEEL GUILTY AFTER HAVING A SNACK, BUT JUST REMEMBER, THAT YOU HAVEN'T DONE ANYTHING WRONG AND FOOD IS NOT YOUR ENEMY. WE, AS HUMAN BEINGS, NEED FUEL TO KEEP OUR BODIES AND SOULS HAPPY!

SINGLE OUT THE GUILT, RECOGNISE IT, AND SAY IT'S OKAY THAT I FEEL THIS WAY, BUT THIS FOOD ALSO MADE ME FEEL [POSITIVE EMOTION HERE].

\*PLEASE SEEK HELP FROM A MEDICAL PROFESSIONAL IF FOOD GUILT IS A REGULAR OCCURRENCE LEADING TO PROLONGED EMOTIONAL DISTRESS AND CONSEQUENCES AS A RESULT OF IT.\*





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## MINDLESS OVERSNACKING

BECAUSE SNACKS ARE NOT TYPICALLY LAID OUT ONTO A PLATE IN FRONT OF YOU, IT'S VERY EASY TO KEEP GOING WITH SNACKS WITHOUT REALISING HOW MUCH YOU'RE EATING OR PAYING ATTENTION TO HUNGER CUES AND ULTIMATELY FEELING ILL OR OVERLY FULL AS A RESULT OF THIS.

THE EASIEST WAY TO HELP IN THESE CIRCUMSTANCES IS TO ALWAYS DECANT SNACKS ONTO A PLATE. ON THE NEXT PAGE I'LL SHOW MY ABSOLUTE FAVOURITE STRUCTURE FOR SNACKING, BUT EVEN IF YOU'RE HAVING SOMETHING LIKE SOME CRISPS, POUR THEM OUT ONTO A PLATE AND ACTIVELY SIT AND EAT THEM. THIS STOPS THE GRAZING THAT CAN LEAD TO THE UNCOMFORTABLE FULLNESS. ALSO TRY TO ELIMINATE SNACKING ALONGSIDE DISTRACTIONS LIKE SCROLLING ON YOUR PHONE ETC.

**\*IF YOUR SNACKING FEELS OUT OF CONTROL AND YOU FEEL LIKE YOU CAN'T STOP AND THIS HAPPENS OFTEN- PLEASE SEE A MEDICAL PROFESSIONAL FOR HELP.\***



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## THE SNACK PLATE GUIDE

### SOMETHING FILLING

SOMETHING TO MAKE SURE THAT THE SNACK PLATE WILL FILL YOU UP, THINK CARBS, FATS OR PROTEINS. IT'S IMPORTANT TO LISTEN TO YOUR HUNGER CUES HERE- HAVING A VERY HUNGRY DAY? COMBINE CARBS AND FATS- NOT EXTREMELY HUNGRY? TRY JUST SOME PROTEIN LIKE SOME PRECOOKED CHICKEN!

### SOMETHING DELICIOUS

FOOD SHOULD BE FOR THE BODY AND THE SOUL! SOMETHING THAT MAKES YOU HAPPY AND WILL STOP YOU FROM THINKING ABOUT THAT ONE DELICIOUS THING THAT YOU'VE GOT IN YOUR FRIDGE- THERE'S SPACE FOR EVERYTHING IN HEALTHY EATING!

### SOMETHING 'HEALTHY'

SOMETHING STEREOTYPICALLY HEALTHY! THINK FRUIT AND VEGETABLES.



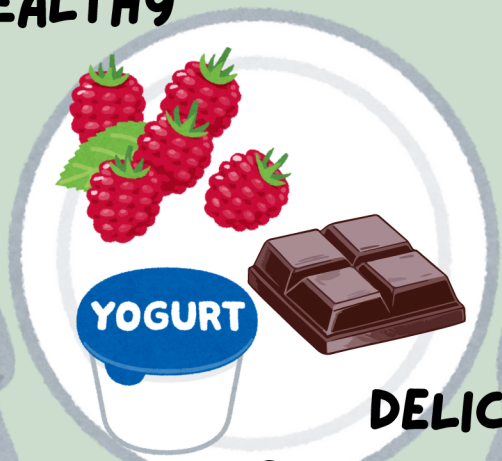


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## SNACK PLATE EXAMPLES!

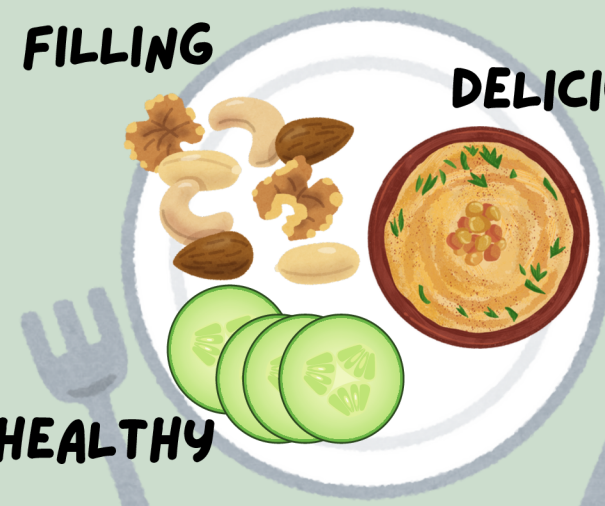
**HEALTHY**



**DELICIOUS**

**FILLING**  
**(USE FULL FAT YOG)**

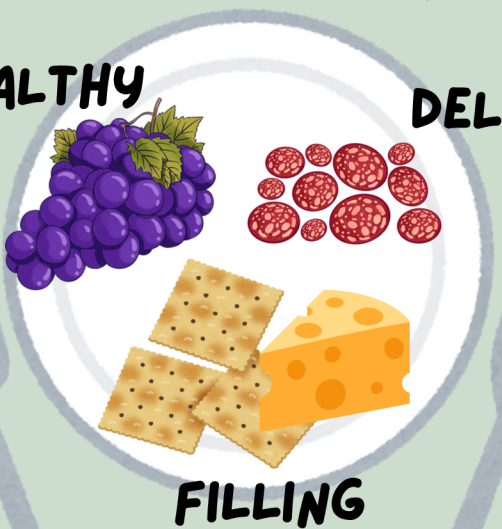
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**DELICIOUS**

**HEALTHY**

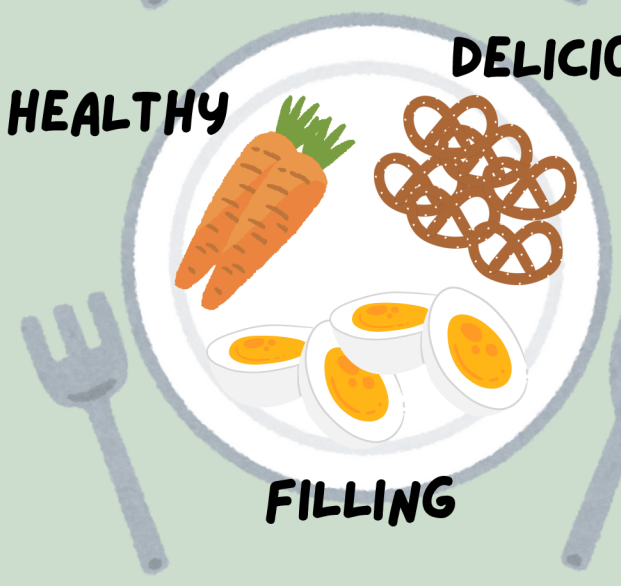
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**DELICIOUS**

**FILLING**

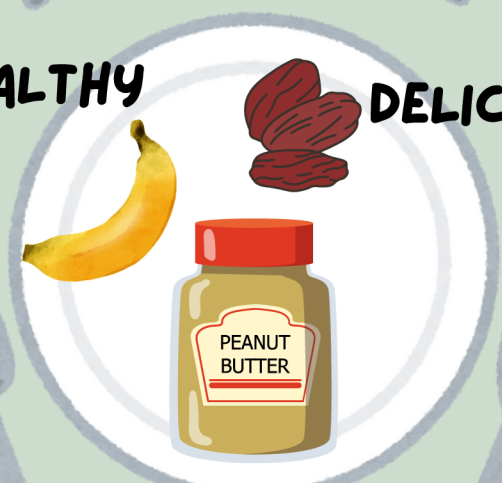
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**DELICIOUS**

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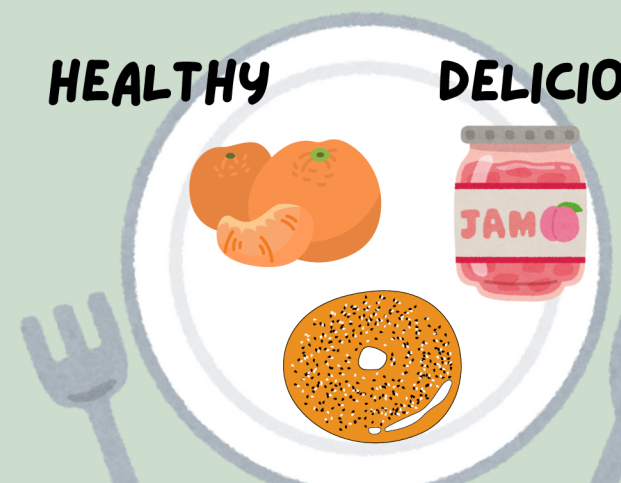
**HEALTHY**



**DELICIOUS**

**FILLING**

**HEALTHY**



**DELICIOUS**

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