



## the snack attack

Small, frequent meals may offer health advantages, such as blunting the insulin response and lowering LDL (bad) cholesterol levels. This has been shown under research conditions, where the required daily kilojoules can be divided evenly over the day and eaten under supervision! But in real life, people take snacks in addition to full-sized meals, meaning snacking makes it easier to consume excess kilojoules and gain weight.

Snacks contribute to non-hunger eating, encouraged by advertising, convenience, taste and food fashion. They often include foods of low nutrient but high kilojoule value. Avoiding frequent snacking plus drinking more water between meals is a better strategy. Not eating between meals has also been identified as one of seven lifestyle factors associated with better health.

### who really needs a “snack”?

Young children, athletes and some older people may find snacks beneficial if they're struggling to meet their daily energy requirement. If you are sedentary and already have an expanded waistline, limit your

snacks and choose minimally processed foods without much added sugar, fat or salt. Wholefoods supply dietary fibre and antioxidants, so you get a healthy return for your kilojoule investment!

### 10 healthful snack ideas

1. Fresh fruit in season.
2. Unsalted nuts and seeds (almonds, walnuts and pumpkin seeds).
3. Dried fruit (sultanas, figs, apricots).
4. Low-fat yoghurt (dairy and soy options are available).
5. Raw vegetables (cherry tomatoes, cucumber strips, pink radishes).
6. Grainy fruit bread.
7. Fruit smoothies made with low-fat milk or soy milk.
8. Fresh vegetable juice (note, fruit juice is higher in kilojoules).
9. Homemade, plain, popcorn.
10. Corn on the cob.

Beware of snack-food bars, and check labels, as many contain excessive amounts of added fat and sugar. Potato crisps, corn chips, lollies and soft drink should be limited to party times. See **page 46** for some snacks you can make really fast!

## FOR MORE INFORMATION

For further information on healthy eating, please contact *Sanitarium Nutrition Service*

AUSTRALIA: Locked Bag 7  
Central Coast Mail Centre, NSW  
2252 Phone: 1800 673 392

NEW ZEALAND: Private Bag  
92127, Auckland, New Zealand  
Phone: 0800 100 257

THE HEALTH FOOD COMPANY

Sanitarium

nutrition  
healthy for life service™