

SATISFYING SNACKS



Whether you're in a morning meeting or on the run after work, chances are you're going to want a snack at some point during the day. And that's okay! What's important is to satisfy your snack craving with healthy food.

Snack Strategies:

- **Drink Water.** When you have the urge to snack, determine whether you're hungry or just thirsty. Drink water before having a snack.
- **Watch Portions.** A snack isn't a meal – it's a small amount to tide you over until your next meal.
- **Choose Whole Foods.** Packaged, processed snacks are convenient, but usually are higher in calories and/or have very little nutritional value. Whole foods can be a satisfying, healthier choice.

PERSONAL COACHING
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