



# Step 08 Be smart with snacks

You don't have to give up all snacks when trying to lose weight.

Sometimes snacks are useful as they can help reduce cravings.

However, it is important to:

- ✓ Eat snacks only when you are hungry, not because you are bored
- ✓ Choose healthy snacks that look after your weight and health

## Tips

### Go with real hunger, not just a desire to eat

If you are not really hungry, **distraction techniques** can help you take your mind off food. Try going for a walk, calling a friend, brushing your teeth or reading a book or magazine.

### Plan snacks for vulnerable times

If you are a late afternoon nibbler, plan a healthy snack for that time. Whatever you have, put it on a plate and sit down to eat at a table.

### Make a list of healthy snacks you enjoy

Put this on the fridge or somewhere you can see it. Keep some of these snacks on hand.

### Keep a food diary

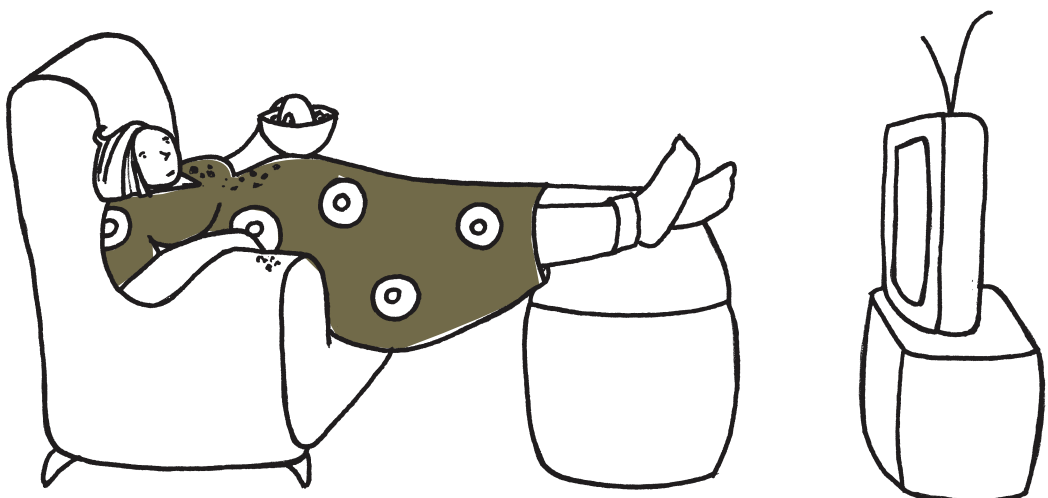
Write down everything you eat and drink including snacks. If you snack for reasons other than true-hunger, discuss and plan strategies with your health professional.

### Tips to be a successful snacker:

- ✓ Snack only when you are really hungry - don't snack from boredom, habit or temptation. Snacking for reasons other than hunger can lead to weight gain.
- ✓ Choose healthy foods i.e. ones that are good sources of nutrients and look after your weight.

### FACT:

If your meals are regular and filling you will be less likely to snack





## Snacks that look after your weight and health



Piece of fruit or bowl of fruit salad



Handful of (fresh or frozen) grapes, strawberries or banana slices



A tablespoon of raw nuts



2 or 3 wholegrain crackers with hummus and sliced tomato



Glass of yellow or green top milk or milky coffee



Vegetable sticks. Add salsa, hummus or cottage cheese



Three pieces dried fruit i.e. apricots or dates



A pottle of yoghurt



Wholegrain crackers with hummus

My goals for being smarter with snacks
