



Snacks on the Go!

Presented by: McKenzie Felsted & Bryana Madeja
Research By: Jasmine Casillas & Seba Mohammed
Advised By: Dr. Lisa Herzig, RDN, CDCES



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The Importance of Snacking

- Snacking is a tool for those with busy lifestyles¹
- Snacking can help maintain energy levels throughout the day²
- Being mindful while snacking is very important³
- Setting yourself up for success is essential in snacking!²
- Adding rather than subtracting to your snacks is beneficial!⁴

What to Look For in a Snack



Serving Size: the size of the snack should be high in nutrients and low in calories.⁵

Portion Size: portion out the appropriate serving and put away the container before snacking.⁵

Added Sugars: Limit food and drinks that contain added sugars. Added sugars lead to an increased caloric intake, and low nutritional value.⁵

High Fiber and Water content: helps you to consume fewer calories, and helps you to feel full for longer periods of time.⁵



The Importance of Satiety



What is satiety?

The feeling of fullness after eating.⁶

Foods containing **protein**, **fiber**, and **healthy fats** are most effective in satiating!⁶

Sustained energy + Satiety
This can help us from thinking about food all day!⁶

Protein

- The most satiating macronutrient⁷
- Stimulates fullness hormones⁷
- Takes longer to digest, reducing hunger⁷

Fiber

- Slows digestion⁷
- Stabilizes blood sugar⁷
- Adds volume to meals, helping you feel fuller longer⁷

Healthy Fats

- Promote long-term satiety by taking the longest to digest⁷
- Satisfy mental hunger, which increases emotional satisfaction⁷



Boosting Satiety with the Right Snacks



Protein + Fiber + Healthy Fats

Greek yogurt (protein) + chia seeds (fiber + healthy fats) + berries (fiber)⁷

Apple slices (fiber) + almond butter (healthy fats + protein)⁷

Cottage cheese (protein) + cucumber slices (fiber) + avocado slices (healthy fats)⁷

Almonds (healthy fats + protein) + dried apricots (fiber) + string cheese (protein)⁷



The Importance of Hydration



Water makes up approximately 60% of your body weight, and is essential for:⁸

Recommended Daily Intake:
1/2 to 1 oz of water per pound of body weight, and may vary depending on:⁸

Approximately 20% of water intake comes from foods⁸

- Regulating Body Temperature⁸
- Prevents Infection⁸
- Waste Elimination⁸
- Nutrient Delivery⁸
- Mental Wellness (affects sleep,⁸ mood, and memory)

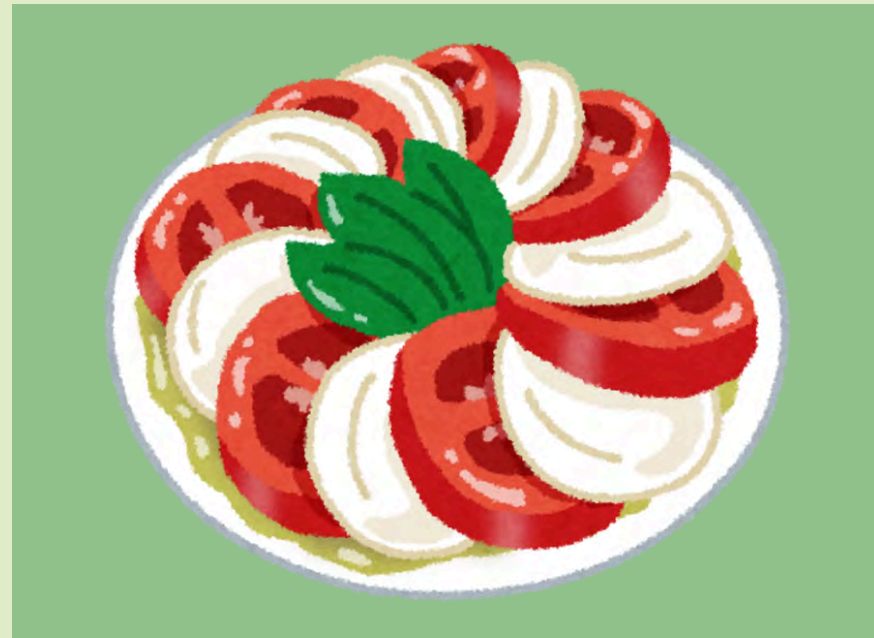
Age⁸
Weight⁸
Activity Level⁸

Signs of Dehydration

- Dry Mouth⁸
- Constipation⁸
- Fatigue⁸
- Headaches⁸



Hydrating Snacks Ideas for Busy Lifestyles



Caprese Salad:⁹

Tomatoes
Fresh Mozzarella
Basil
Olive oil (optional)
Salt & Pepper to taste



Yogurt Parfait:⁹

Plain Greek Yogurt
Strawberries
Granola
Honey (optional)



Greek Salad:⁹

Romaine Lettuce
Cherry Tomatoes
Cucumbers
Kalamata Olives
Dressing of your choice



Time for you to try!



We have prepared a few snacks for you today:

Chia Pudding



Hydrating Snack Box

Chocolate Blended Oats





Take Post-Survey



Thank You



References



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