



THE SMARTER SNACKING GUIDE

Feel Energised, Nourished & Satisfied,
without the Sugar Crash

WHY?



Why Snacking Smart Matters

Snacking isn't just about filling the gap between meals, it's an opportunity to fuel your body with nutrients that stabilise your blood sugar, support your mood, and curb cravings. When done right, smart snacking can:

- Boost mental clarity and focus
- Help manage your weight by reducing overeating later
- Balance your blood sugar and prevent energy dips
- Curb emotional eating and reduce sugar cravings

The Anatomy of a Smart Snack



Every balanced snack should aim to include:

- **Protein:** Keeps you full for longer
- **Healthy fats:** Supports hormone health and reduces cravings
- **Fibre:** Helps with digestion and slows sugar absorption

25 Nourishing & Balanced Snack Ideas



High-Protein Snacks

- Plain Greek yogurt or kefir (unsweetened) + berries + chia seeds
- Greek yogurt + nuts + cinnamon
- Hard-boiled eggs + cherry tomatoes
- Boiled egg + hummus + veggie sticks
- Tuna or smoked/tinned salmon + hummus on seed crackers
- Celery sticks + nut butter
- Almonds + apple slices + cinnamon
- Walnuts + berries + Greek yogurt
- Pistachios + sliced cucumber + hummus
- Cottage cheese + flaxseeds + pineapple

Energy-Boosting Snacks

- Handful of nuts + 2 squares dark chocolate (70%+)
- Avocado + feta on seed crackers
- Roasted chickpeas with spices
- Oatcakes + smashed avocado + sea salt
- Rice cakes + nut butter + cinnamon



Gut-Friendly Snacks

- Sauerkraut or kimchi + feta
- Unsweetened kefir smoothie with berries + chia or flaxseeds
- Chia pudding (plant-based milk + cinnamon + banana)
- Miso soup with tofu & seaweed

Balanced Whole-Food Combos

- Apple slices + nut butter + cinnamon
- Hummus + veggie sticks (carrot, celery, cucumber, bell pepper)
- Medjool dates stuffed with walnuts or nut butter
- Olives + feta cheese
- Handful of nuts + goji berries
- Homemade popcorn (air-popped or lightly seasoned) with cinnamon or nutritional yeast

Snacking Traps to Avoid



- Low-fat flavoured yoghurts: Often high in added sugars
- Granola bars: Loaded with syrup and low-quality oils
- Rice cakes alone: Quick sugar spike without fat or protein
- "Healthy" snacks with hidden ingredients: Always read the label



Snack Planning Checklist

- Keep a protein source in the fridge (boiled eggs, hummus, Greek yogurt)
- Have grab-and-go fibre-rich options (fruit, veg sticks, oat cakes)
- Store small portions of nuts/seeds in your bag or drawer
- Plan afternoon snacks to prevent late-night eating
- Stay hydrated, thirst is often mistaken for hunger

Emotional Eating Tip: Pause before snacking. Ask yourself if you're physically hungry or emotionally triggered. A 5-minute pause can make all the difference.



Nourish your body. Honour your cravings. Feel amazing.

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