



## **CHALLENGE:**

*Enjoy a balanced snack every day*

Uncontrolled snacking is often blamed for our inability to maintain a healthy lifestyle. Because of this, we think of snacking as a bad habit when, in reality, snacking can actually be a healthy habit that keeps us on the right track. Your challenge for the month is to plan and track your healthy snack(s) each day.

### **Is it okay to snack?**

There's a lot of conflicting information out there about snacking. The truth is, your meals should last you about 4-5 hours. If you're going to go longer than 5 hours between meals (i.e. lunch at noon and dinner at 7), you'll definitely need a snack. In this case, snacking will help keep you focused, energized, and able to make better decisions when mealtime comes around again.

### **When should I snack?**

Snack timing depends on your personal schedule. If you wake up and eat breakfast early, you may need a mid-morning snack to hold you over until lunch. If you struggle with afternoon fatigue and cravings, an afternoon snack may be necessary, especially if you don't eat dinner until late. If you eat an early dinner, but stay up late, you may need an after dinner snack. Most people need 1-2 snacks per day in addition to 3 balanced meals. If you are an athlete, you may need 2-3 snacks per day.

### **What should I eat?**

Choosing the right snack makes all the difference. You want something that will provide you with fuel and energy for the next couple of hours or until your next meal. Most "snack foods" like pretzels, chips, and cookies are not actually good choices. Rather, consider your snack more like a "mini-meal."

There are 3 parts to the perfect snack: protein, fat, and carbohydrate.

## THE PERFECT SNACK =



### Why protein?

Protein-rich foods contain important amino acids and B vitamins that are necessary for brain function, muscle growth and repair, energy, and proper detoxification. Animal proteins are the most bio-available, meaning they are the best utilized by the body. If you prefer vegetarian sources of protein, lentils, legumes, and nuts are good choices. Try to consume about 1-2 ounces/7-14 grams of protein at your snack.

### Am I supposed to avoid fat?

No. Fat is an essential part of a balanced diet. Eating a little bit of fat as part of your snack (and each meal) will help you feel full and slow down the digestion of your whole snack. Fats provide nutrients that support healthy hormone levels, hair, skin, nails, brain function, and provide anti-inflammatory benefits. Fats go rancid easily, so be sure to choose good quality fats like extra-virgin olive oil, organic nuts and seeds, organic avocado and coconut products, and pastured butter and dairy products.

### By “carbohydrates” you mean cookies, right?

Many people forget that fruits and vegetables count as carbohydrates. We often think of “carbs” as bread, pasta, crackers, etc. These starchy carbohydrates will digest quickly and leave you ready for a nap in about 30 minutes. Instead, choose fresh fruits and vegetables that will provide you steady energy over the next few hours to get you through the rest of the day. Always combine these fruits and vegetables with some protein and fat in order to make your energy last even longer.

### Healthy Snack Ideas:

- Chopped vegetables + hummus
- mixed with plain Greek yogurt
- ½ orange + cheese slices
- turkey jerky + ½ pear
- Deviled eggs
- Greek yogurt with fresh fruit
- Turkey rolled with avocado, sprouts, and mustard
- Kale or seaweed chips + leftover chicken
- Hard-boiled egg + apple
- Tuna salad with radishes

Name\_\_\_\_\_

Month Completed\_\_\_\_\_

### Harker School Wellness Program / **Snacking Challenge**

Plan 1-2 healthy snacks each day and record them below. Aim for snacks that have a balance of healthy proteins, fats and carbs. Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

#### Week 1

Day 1 \_\_\_\_\_  
Day 2 \_\_\_\_\_  
Day 3 \_\_\_\_\_  
Day 4 \_\_\_\_\_  
Day 5 \_\_\_\_\_  
Day 6 \_\_\_\_\_  
Day 7 \_\_\_\_\_

#### Week 2

Day 8 \_\_\_\_\_  
Day 9 \_\_\_\_\_  
Day 10 \_\_\_\_\_  
Day 11 \_\_\_\_\_  
Day 12 \_\_\_\_\_  
Day 13 \_\_\_\_\_  
Day 14 \_\_\_\_\_

#### Week 3

Day 15 \_\_\_\_\_  
Day 16 \_\_\_\_\_  
Day 17 \_\_\_\_\_  
Day 18 \_\_\_\_\_  
Day 19 \_\_\_\_\_  
Day 20 \_\_\_\_\_  
Day 21 \_\_\_\_\_

#### Week 4

Day 22 \_\_\_\_\_  
Day 23 \_\_\_\_\_  
Day 24 \_\_\_\_\_  
Day 25 \_\_\_\_\_  
Day 26 \_\_\_\_\_  
Day 27 \_\_\_\_\_  
Day 28 \_\_\_\_\_

Signature\_\_\_\_\_ Date\_\_\_\_\_

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

**To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.**