Mindful Snacking and Less Sugar

Tips for Snacking Mindfully

1. Rate your hunger from starving (0) to stuffed (10). If under 4 have a snack
2. Limit distractions to help prevent mindless eating
3. Take small bites to enjoy the food. Slow and steady wins the race
4. Savor your food by using all of your senses to really enjoy the snack
5. Check in midway and rate your hunger, assessing if you are still hungry

Healthy Snack Options

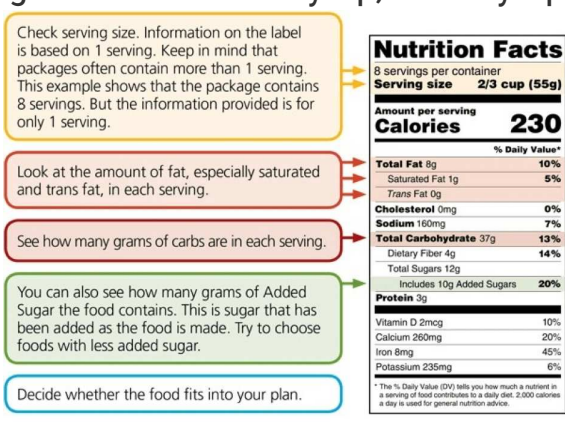
- Fruits and Vegetables (Fresh, Frozen, Canned)
- Nuts
- Whole Grain Breads, Cereal, and Crackers
- Lower Fat Yogurt
- Lower Fat Cheese
- Cottage Cheese
- Unsalted Seed, Nuts, and their Butters
- Hummus
- Hard Boiled Eggs

Snacks to Limit

- Candy
- Potato Chips
- Baked Chips
- Trail Mix
- Rice Cakes
- Processed Food
- Flavored Yogurt
- Store Bought Smoothies

Avoid Added Sugar

Manufactures add sugar into products to increase the flavor and or extend shelf life. The USDA recommendation is to consume 8 teaspoons of sugar daily. The average American consumes about 53 teaspoons of sugar daily. Reviewing food labels can help reduce the amount of sugar consumed. When reading food labels look for words such as High Fructose Corn Syrup, Corn Syrup or Corn Syrup Solids, Sucrose, and Fructose.



No Bake Energy Balls

Prep Time: 10 minutes
Total Time: 10 Minutes
Makes: 12 Balls

Ingredients

- 1 cup whole rolled oats (not instant)
- 1 tablespoon ground flaxseed + 3 tablespoons warm water
- 1/4 cup roasted almond butter
- 4 tablespoons maple syrup
- 2 tablespoons coconut oil
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1/4 cup chopped walnuts
- 1/2 cup shredded coconut
- 1/3 cup chocolate chips

Directions

1. In a medium pan, toast the oats over low heat until just browned around the edges, about 1 to 2 minutes. Remove from the heat and set aside.
2. In a small bowl, combine the flaxseed and warm water and set aside to thicken for about 5 minutes. In a food processer, combine the almond butter, maple syrup, coconut oil, vanilla, cinnamon, and salt. Add the flaxseed mixture and blend until smooth.
3. Add the walnuts and pulse until combined. Add the oats and coconut and pulse until combined. Add the chocolate chips and pulse just until evenly incorporated.
4. Roll the mixture into 12 balls and chill until firm, at least 30 minutes before rolling.
5. Store in an air-tight container in the refrigerator.

This recipe was found at
https://www.loveandlemons.com/energy-balls-recipe/