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Smart snacks for a healthy living by Ajay

Article published on July 23rd 2012 | Health

Snacks are the food stuffs often consumed during the odd hours of the day. Apart from our three essential meals that include breakfast, lunch and dinner, the person need something to eat after every 2 hours. Snacks are available in variety of forms; some are packed and processed while others are made from the fresh ingredients at home. While the packaged foods does not have enough nutritional value and are often consumed to satisfy the tongue, these food products do not have a healthy impact of the body. Hence, the parents are required to act smart while buying the packaged foods for the snacks.

Healthy snacks include fruits, vegetables, nuts, cereals and all the food products that have low calorie and high nutrition and do not let you gain the unnecessary weight. Serving healthy snack foods to the kids is necessary to provide lifelong nutritional eating habits that prevent them from the future disorders.

Snacks are the terrific way to satisfy the hunger but you are required to pay attention on what you are eating. The best snacks include air popped popcorns, nonfat cottage cheese, frozen grapes, hard boiled eggs, orange slices, sugar free jelly, sliced chicken breast, cherry tomatoes, green salad, nonfat yoghurt, peanut butter, frozen mango, fruit smoothies, walnuts, sunflower seeds, soya chips, beans salads, tuna, sliced apples, pickles and olives.

These snacks become necessary for a person to consume at the several hours of the day and are beneficial too. Eating fruits and raw vegetables just before the meal, actually lowers down your hunger and the intake of calories decreases simultaneously. They help you to grab extra energy and nutrients and control the hunger pangs. This will minimize your feeling of depression. The people who are suffering from diabetes are often recommended to go for short meals after a gap of 1 or 2 hours. This in result balances the blood sugar level.

Choosing the kids healthy snacks enhance the health rather than hurting the diet. These snacks prevent the kids from unwanted weight gain. Removing the temptation from the high fat cookies and candies will give them a variety of low fat and healthy snacks. Kids love anything that can be dipped; hence you can offer them baggie full of carrot and celery sticks, cucumber and bell-pepper slices, sugar snap peas and cherry tomatoes. You may also prepare a bean dip or salsa that is high in nutrition content. Backed chips and whole wheat crackers, sliced fruit accompanied with sweet, creamy dip like flavored yoghurt or caramel ice-cream are perfect, nutritious and pleasing package of healthy snacks. You can also offer the kids some home-made cookies and delicious ice-creams that have low oil content and are rich in vitamins and fibers.

Snacks are the major time pass and should provide all the nutrients accompanied with energy. Let the child enjoy the food without hampering its own health. The planned snacks will prevent them from over eating and gaining calories. Replace the cold drinks with fresh juices or milk.

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Article Keywords:
Healthy Snacks, Healthy Snack Foods, Kids Healthy Snacks

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