

# Snacking Isn't So Bad: How to Develop Healthy Snacking Habits



Let's get one thing straight. Snacking doesn't have to be bad for you. The problem is snacks have become synonymous with unhealthy foods like donuts. But in truth, snacks can be healthy. Furthermore, nutritious snacks can be delicious!

## **Swap to Healthy Snacks at the Workplace**

Most working people experience a slump at some time in the day where they need a boost of energy. Indeed, because snacks help you restore energy levels, they enable you to be much more focused and productive in the workplace. Healthy snacks can also improve brain alertness and problem-solving abilities. The trouble is, too many workplaces have vending machines

stocked full of unhealthy snacks. So, it can be challenging to swap to healthy snacking habits.

According to [Snacks With Bite](#), when offices promote healthy eating, employees are happier and more focused, and companies benefit from higher productivity. These snacks can still be delicious; for example, such companies offer health conscious treats such as chocolate and coconut sweet-balls, lime and cracked pepper Faba beans, and apple tarts.

### **Some Fats Are Good for You**

It's just as important to swap to healthy snacks outside of the office environment. But too many people misunderstand which snacks are actually healthy. For instance, when people see the word "fat" in a list of ingredients, they can run a mile. However, there are fats that are bad for you and fats that are good for you, and everybody needs to have some fats to maintain good health. Natural, good-for-you fats can be found in foods like nuts, fish, and olive oil. Such natural fats are also great flavor carriers, so when paired with other foods, they can make your snacks taste delicious.

### **Eat Real Foods**

A good rule of thumb for healthy snacking is to avoid any artificial foods. Anything with high levels of sugar and a bucketful of chemicals won't be good for you. So, stick to real foods like fruits, vegetables, whole-grain pasta, lean meats, and low-fat dairy products. Real foods are often fantastic antioxidants and filled with fiber. Try snacks like nuts and dried fruit, bell peppers and guacamole, or popcorn. The latter contains antioxidants called polyphenols, which can help protect against chronic conditions like heart disease.

### **Intake the Right Amount of Calories**

As we have seen, healthy snacking habits isn't about cutting snacks out of your life altogether. However, eating too much

can be detrimental. It is recommended that men intake between 1,600 and 2,400 calories per day, and women consume between 1,200 and 1,500 per day, depending on your size. However, there's nothing wrong with eating a little more if you are super-tired. But always stop eating when you are comfortably full because [overeating](#) can lead to lethargy and even health problems like [obesity](#). The important thing is you take note of how many calories you are consuming to ensure you get your healthy snack eating balance right.