

Five Ways to Snack Healthy

Shop Smart! If you only buy healthy foods and snacks to begin with, you won't really have any choice but to eat healthier when you're at home or packing a meal for work.

Pack a snack! Food is constantly available at our fingertips. The problem that a lot of people make is that they will fail to plan ahead. So, when they're rushing around in the morning, getting ready to run out the door for work, they run out empty-handed. Pack your lunch or snack the night before, this way all you'll have to do is grab it in the AM.

Pay attention! You know your body better than you think you do. For instance, you know that if you feel sluggish or lightheaded, that chances are that your blood sugar levels are low. You know if you have any diseases that require special attention (i.e. Diabetes, Heart Condition, High Cholesterol, etc.); therefore, you should have taken it upon yourself by now to look up what foods you should and shouldn't be eating. Pay attention to your body!

Resist the Temptation! Too many times, it is awfully tempting to have some cash on you or smell or see something delicious that a coworker is munching on and suddenly develop a craving. Remember that the mind is a powerful thing. If you get into your car and drive to a restaurant to physically pick out a food item, you will have no one else to blame except for yourself at the end of the day.

Say "no"! People can be really friendly, especially when it comes to food. If someone offers you something that you know you probably shouldn't be eating, it's ok to politely refuse. Developing self control is extremely important when you are trying to eat healthier.