



Axminster Hospital
Chard Street
Axminster
EX13 5DU
01297 631782

info@project-food.org.uk
www.project-food.org.uk

Many of us find it hard to get through the day without 'a little something' between meals. But the problem with snacks is that that the unhealthy ones can add many hundreds of calories to our day –without giving us any valuable nutrients. The key is to plan ahead and eat the right snacks, in the right quantities, at the right times.

Overleaf are details of our new cooking groups—do come and join us. We would love to see you there!

With very best wishes from,
Hannah and the Project Food team

Focus on...Snacks

Unhealthy snacks – such as sweets, crisps, chocolates and cakes – tend to be highly processed, very high in fat and sugar, and very low in vitamins and minerals. Even cereal and breakfast bars that are marketed as 'healthy' can often have as much fat, sugar and calories in them as chocolate!



Sugary snacks can also be really bad for our teeth too, because it takes the mouth between 30 and 60 minutes to neutralise the damaging acid that is created every time we eat or drink anything sugary.

For diabetics, it's important to keep blood sugar levels under control, and many snacks can cause blood sugar to spike. You can stabilise your blood sugar by snacking on whole foods (such as fresh fruits and vegetables), and foods containing protein (such as cheese or nuts).

Do you really need a snack?

Sometimes we snack because we think we are hungry, but often we are actually thirsty and our body is craving water rather than food. At other times, we are not as hungry as we think and may actually be able to last until the next meal. Or we may be stressed, or even simply responding to a habit (elevenses, for example!). It's worth having a drink, going for a short walk, or chatting to a friend, before turning to food.



Also, make sure you are eating enough at meals to get you through to the next one – including foods like unrefined carbohydrates (brown rice, wholemeal pasta, brown bread), proteins (meat, fish, dairy, eggs and pulses) and healthy fats (nuts and seeds) for breakfast, lunch and supper will help you to feel fuller for longer and to last until your next mealtime.

What is a healthy snack?

Fruits such as apples, bananas and satsumas are perfectly packaged in their own skins, and easy to carry around. They will also help you get to your 'five-a-day'. Small bunches of grapes, handfuls of blueberries, and chopped melon or pineapple, are also great, although more expensive. It's worth thinking about the foods that are in season and therefore more delicious as well as budget friendly.



Vegetable sticks – carrots, celery, cucumber and peppers chopped into batons – are great if you have time to prepare ahead.

Other healthy snacks include cottage cheese with crackers, hummus with pitta bread, unsweetened yoghurt with berries, brown toast with peanut butter, a handful of unsalted nuts & seeds and small serving of plain popcorn.



Keep an eye on quantities, though – aim for around 100-200 calories for each serving. Put your whole portion on a plate before you start eating, rather than grazing from a packet, so that you know what you've had.

Resist temptation!

It can be really hard to say no to chocolates, sweets and crisps when they are all around us in supermarkets, shops and garage forecourts. But at home, at least, we can make sure that they are not available – by simply not buying them!



When we are out, we can plan ahead by not shopping when we are hungry and by carrying a healthier option with us—fruit, oatcakes or nuts are good for this.

Remember to take some water too if you're out for a while as it may be that you are thirsty instead of hungry.

New Cooking Groups

Good news! We are re-starting our monthly cooking groups in Axminster, Chard and Seaton (details of the first sessions below). All groups meet at 11am and each demonstration is followed by lunch. They are completely free to attend.

| | |
|-----------------------------------|----------------------------|
| Axminster Hospital Kitchen | Tuesday 9 November |
| Marshlands Centre, Seaton | Friday 12 November |
| Crowshute Centre, Chard | Tuesday 16 November |

Please contact us on 01297 631782 or email info@project-food.org.uk for more information.