

—

Transform Your Snacking Habits

Indulging in your favorite snacks can be tempting, but doing so without overeating can be challenging, particularly if you're accustomed to consuming more significant portions or high-calorie meals.

With some know-how, you can learn to tune in to your body's hunger signals and make smarter decisions about what and how much you consume.

In this step-by-step guide and my behavior change checklist, we'll explore some simple tips and strategies to help you satisfy your cravings without going overboard. Plus, make snacking easy with my trail mix generator ideas!

By paying attention to your body's needs, you'll soon discover that you can enjoy your favorite foods in moderation and without the guilt. Let's get started!



#1

Listen To Your Body's Hunger & Fullness Signals

Pay attention to how your body feels before, during, and after you eat. Ask yourself if you're starving or eating out of boredom, stress, or habit.

Similarly, check in with yourself periodically during your meal or snack to see how full you're feeling. Stop eating when you feel comfortably full, not when you're stuffed.





Choose Nutrient-Dense Foods

Avoid ultra-processed power-bars and packaged garbage. Snacks high in nutrients and low in calories can help you feel more satisfied without overindulging.

Choose foods like fruit, berries, dried fruit, and nuts. These foods will give your body the necessary nutrients while helping you maintain a healthy weight and reduce over-snacking.





Plan Ahead For Snacks & Meals

Having healthy snacks and meals can help you avoid overindulging in unhealthy foods. Plan ahead by packing a healthy snack like veggies, hummus, apple slices, and almond butter, or make a homemade trail mix (learn how at the end of this guide.)





#4

Drink Plenty Of Water

Drinking water can help you feel full and reduce your appetite and over-snacking. Drink at least 8 cups daily and sip water throughout your meal or snack to help you feel more satisfied. Have a dedicated water cup on your desk or carry a water bottle.

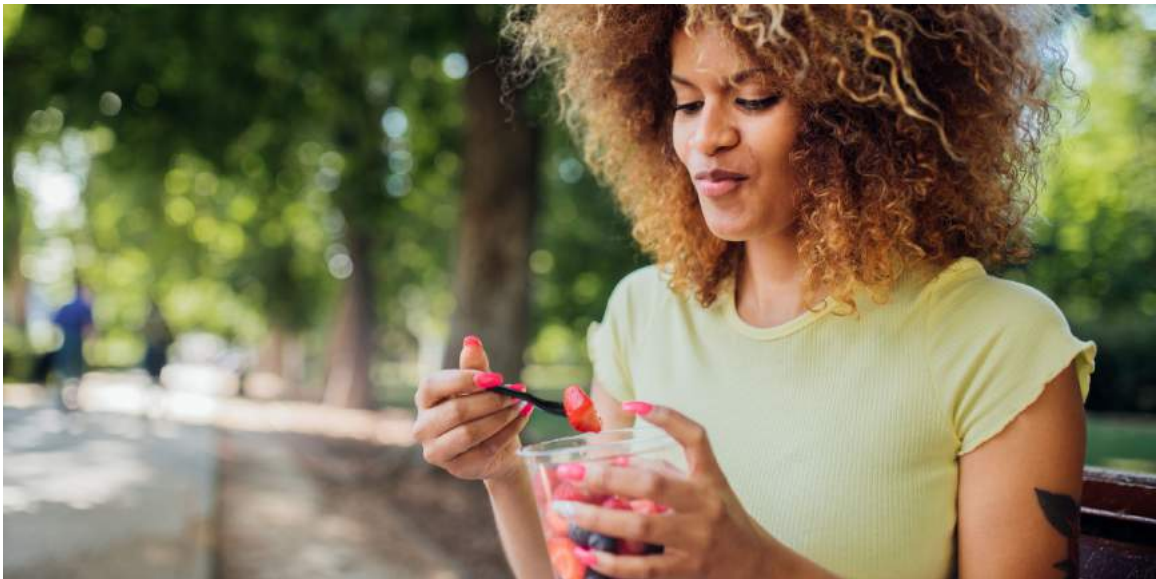





Don't Deprive Yourself

Depriving yourself of your favorite foods can lead to binge eating snacks and overindulging later.

Instead of cutting out your favorite treats altogether, allow yourself to enjoy them in moderation. If you're craving something sweet, have a small piece of dark chocolate or a serving of fruit.






**Behavior Change
Checklist:
How To
Satisfy Hunger**

Behavior Change Checklist: How To Satisfy Hunger

- I will eat slowly and mindfully, taking time to savor each bite.
- I will drink plenty of water throughout the day and during my meals to help me feel more satisfied.
- I will pay attention to my body's hunger and fullness signals and stop eating when I feel comfortably full.
- I will choose nutrient-dense snacks like berries, dried fruit, and nuts to help me feel more satisfied without overindulging.
- I will plan by packing healthy snacks and meals so I don't have to rely on unhealthy options when hungry.
- I will allow myself to enjoy my favorite foods in moderation and not deprive myself of treats that I enjoy.
- After each meal or snack, I will reflect on my feelings and adjust my choices accordingly.
- I will practice self-care and manage my stress levels to avoid emotional eating or overindulging out of boredom or anxiety.
- I will prioritize my health and well-being by making mindful choices about what and how much I eat.



**Boost
Your Snack Game
with These Delicious
Trail Mix Ideas**

Boost Your Snack Game with These Delicious Trail Mix Ideas

This trail mix is the perfect blend of crunchy nuts, chewy dried fruit, and savory seeds for a delicious and nutritious snack on the go.

Choose your own snack adventure by mixing and matching your favorite ingredients — combine it all together, and voila, a delicious and nutritious snack perfect for on-the-go adventures or anytime you need a quick pick-me-up.

Nuts	Dried Fruit	Seeds	Bonus
60-80 grams	15 grams	30 grams	15 grams
Almonds Peanuts Cashews Pecans Walnuts	Apples Apricots Bananas Blueberries Cranberries Raisins Goji Berries	Pumpkin seeds Sunflower seeds	Wasabi peas Mini pretzels Choc chips