

OH WELL CO'S



# GUIDE TO ANTI- INFLAMMATORY SNACKS

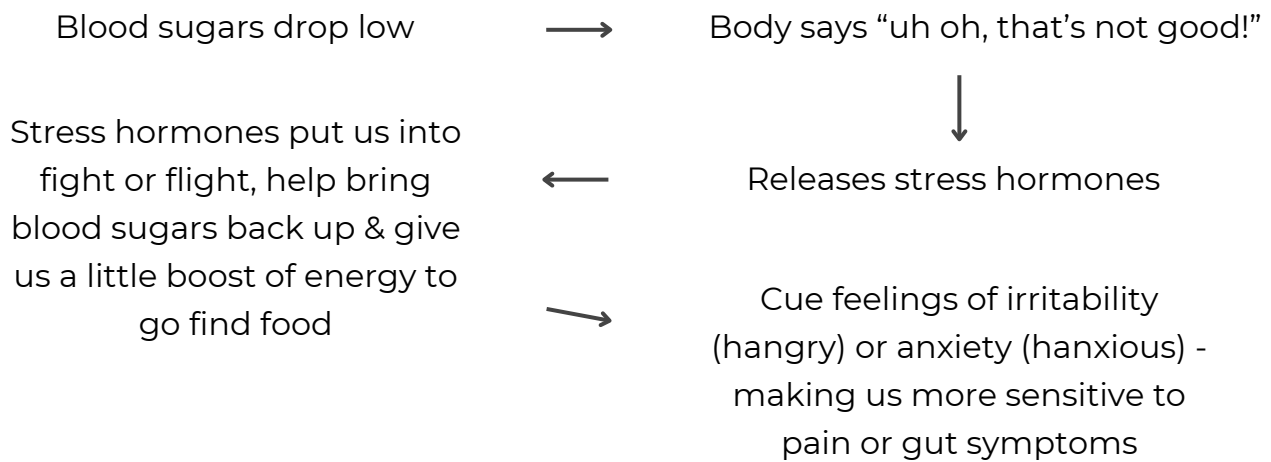
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# BUDDY SNACKS

Many people don't realise that going for too long without eating puts our body under **stress**. Essentially it goes like this:



Spending our days in a **fight or flight** is not ideal at the best of times. But doing so when we have a chronic condition is definitely not what we want.

That's why I'm such a big fan of making sure we're eating roughly every 3-4 hours. Eating **regularly** is the foundation to anti-inflammatory eating that everyone forgets. Snacks are a great way to make this happen.

Snacks are happier when they're **buddied up**. This is especially true when we include at least a couple of food groups. Different food groups have different nutrients which work synergistically together. This provides us with essential vitamins & minerals and keeps our blood sugars stable.

In this guide, I have prioritised **anti-inflammatory** nutrients to help soothe inflammation. These include plenty of anti-oxidants, nourishing fats, fibre, protein, magnesium and other micronutrients.

As a bonus, I've split snack options into how much **energy** (spoons) you have. You'll find both low spoon and high spoon options to choose from.

Happy **anti-inflammatory snacking!**



ANTI-INFLAMMATORY

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## BUDDY SNACKS FOR LOW SPOON DAYS



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## BUDDY SNACKS FOR LOW SPOON DAYS



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## BUDDY SNACKS FOR HIGH SPOON DAYS



Banana Oat Muffin  
recipe [here!](#)



# ANTI-INFLAMMATORY

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## BUDDY SNACKS FOR HIGH SPOON DAYS



Life Changing Loaf  
recipe [here!](#)



Chia pudding recipe  
[here!](#)





# Enjoy your *snack-* *making* magic!

## NEED MORE INSIGHT & SUPPORT?

At Oh Well Co we help people feel less crappy in their bodies. Whether it be IBS or gut symptoms, hormonal challenges, pelvic pain or endometriosis, chronic illness, fatigue plus so much more. You can find us in the spaces listed below. Can't wait to work with you!

WEBSITE: [WWW.OHWELLCO.COM.AU](http://WWW.OHWELLCO.COM.AU)  
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