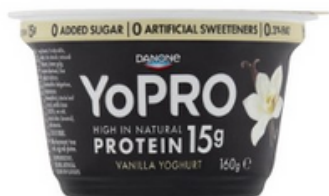


SNACK IDEAS

THE BUDDY SYSTEM

Because many people do well with eating roughly every three to four hours, snacks are a fantastic way to honour our hunger and give ourselves the little energy and blood glucose boost we need in between meals. Snacks are happier when they're buddied up. Pairing a couple of items at snack time can help support satiety and satisfaction. This is especially true when we include at least a couple of food groups. Different food groups have different macro and micronutrients and these often work synergistically, providing us with essential nutrients and keeping our blood glucose levels stable. The buddy system is also great if we feel out of control around food, especially in the afternoon or evening.

BUDDY SYSTEM SNACKS



✧ BUDDY SYSTEM SNACKS CONTINUED...



BUDDY SYSTEM SNACKS CONTINUED...



BUDDY SYSTEM SNACKS CONTINUED...

