

## Smart Snacking

From the midnight munchies to the afternoon nibbles, most people eat outside their regular three meals a day. In fact the last National Nutrition Survey showed that up to half of all adults eat food on five or more occasions.<sup>1</sup> So are mid-meal snacks a smart idea? Absolutely, as long as you make the right choices. Let's take a closer look:

## Little bodies, little appetites

Snacking is vital for children as they have small stomach capacities, short attention spans and are incredibly active. Experts agree that the limited capacity of young children means they cannot meet their energy needs for growth and activity in three meals only.<sup>2</sup> They therefore need snacks between meals to keep their energy levels up and ensure that they get sufficient food intake to meet their recommended dietary intakes of essential nutrients for optimal growth and development.

## Charge up and refuel

Athletes and active people also rely on smart snacks to help them recover from an event or training session. During physical activity your body uses carbohydrate stored in muscle as glycogen, some fat and protein and fluids. Sports Dietitians recommend that in order to take advantage of the body's desire to replace glycogen stores after exercise, a post-event snack be eaten within two hours after exercise, although the first 30 minutes may be the most crucial time.<sup>3</sup> As a general guide the snack should be high in carbohydrate, moderate in protein and contain plenty of fluids.

For more information on fuelling fitness check out Sports Dietitians Australia

## Snacks for a healthy weight

It's also true that snacks can help you keep a healthy weight. Nutritious mid meal snacks can keep your appetite satisfied between meals and prevent overeating that occurs when you get ravenously hungry. Following a pattern of 3 small meals with 2-3 mid meal snacks may also cause a slight increase in your metabolism. The key is to go for lower fat and

kilojoule options, practise a little portion control and save the chips, sweet biscuits and chocolate bars for treat times only.

## Smart snacks for Kids:

- Fresh fruit kebabs or fruit snack tubs
- Wholegrain crackers with 97% Fat Free KR Castlemaine Shaved Chicken
- Reduced fat yogurt or frozen yogurt tubes
- KR Castlemaine Mild Mini Slim Stix with tomato relish in a grainy dinner roll

## Adults:

- Vegetable sticks, salsa and KR Castlemaine Mini Kabana Slim Stix
- Berry smoothie made with reduced fat milk
- Mini roll up made with piece flat bread with 97% Fat Free KR Castlemaine Shaved Ham and mixed garden salad
- 30g raw unsalted nuts

KR Castlemaine Slim Stixs are a tasty option for busy people on the go. Individually wrapped for product freshness, each pack contains 2 Stixs and has an Easy Peel Seal. Enjoy one now and save one for later, it's so versatile! Available in three flavours, Traditional, Pepperoni or Kabana, Slim Stixs are ideal for the car, lunchbox or desk drawer. They are even great for sharing with friends and provide good value for money for school lunches.

## References:

1. AGPS. National Nutrition Survey. 1995
2. Nutrition and physical activity for Australian children Med J Aust 2000; 173 Suppl 7
3. Fact Sheet 11. Eating and Drinking Before and After Sport. Sports Dietitians Australia.