
Benefits of Healthy Snacking



Improve focus and productivity



Appetite control



Provide diverse nutrient

TOP GLOVE
TOP QUALITY, TOP EFFICIENCY

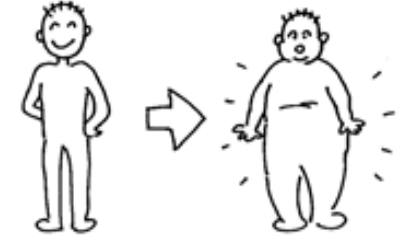
HEALTHY SNACKING WORKSHOP



Snacking

Defined as
eating any foodstuffs
or
consume any
caloric beverages
between main meals.

Consequences of Unhealthy Snacking



Gain extra weights



High blood sugar level



High blood pressure

Morning Snacks

- **3 to 4** hours after **breakfast**.
- Good quality **carbohydrate** and **protein** together helps to **feel full longer**.
- Eat below **300 cal**



220 Cal

60 Cal



116 Cal
/ 3pcs

113 Cal

How to Snack properly?

Teatime Snacks

- **3 to 4** hours after **lunch**.
- Your body takes about 4 hours for carbohydrate to be digested.
- Eat below **300 cal**



123 Cal



140 Cal



195 Cal

159 Cal

Supper Snacks

- If there are **more than 4 hours** between **dinner** and **bedtime**, eat light.
- **Unnecessary** to eat snacks if your bedtime is around **10 p.m. or 11 p.m.**
- Eat below **300 cal**



130 Cal

150 Cal



40 Cal



160 Cal

Before, During & After Exercise Snacks

	Before	During	After
When	30 to 60 mins before exercise	Endurance/high-intensity sports lasting longer than 60 to 90 minutes	30 to 90 mins after exercise
Why	Body prepared and adapt to training	Maintain blood glucose levels to fuel your muscles and brain	Promote muscle repair and growth
Why/What	Minimizes exercise-associated muscle damage	Marathon, endurance riding, soccer game competition	Refuel and rehydrate the body
How	Focus on carbohydrate and low in fat	High carbohydrate, Low in fibre , Low fat	Combine protein and carbohydrate
E.g.	Low fat/ chocolate milk, biscuits, fruits, eggs, low fat yogurts, water	Banana, biscuits, fruit juice, water	Peanut butter sandwich, egg and cheese sandwich, cereal with milk, tuna on crackers, yogurt with banana, water

Interesting Facts



- Butter is made from milk/cream, contains **saturated fats & cholesterol**
- Margarine is made from hydrogenated vegetable oil, contains **trans fat**

Coconut milk/ Santan Kelapa

- High **saturated fat** – lauric acid
- Benefits: germ fighting and antibacterial properties
- Keep in mind: **High fat leads to high calories**

Healthy Snacking Tips

