

# Fuel your body by snacking well.

Many of us snack between meals and we may be eating extra calories that we don't need. Try these tips to help you snack better and boost your energy:

1. **Drink water:** Sometimes we may be thirsty rather than hungry, so why not try drinking a glass of water before snacking?
2. **Snack on fruit and vegetables:** Try reaching for these as your first choice of snack
3. **Exercise portion control:** Remember that a snack is a small supplement between meals, not another meal
4. **Avoid extra sugar:** Choose unsalted nuts or freshly popped corn, rather than snacks with added sugar or salt
5. **Plan ahead:** Stocking up on healthy snacks helps you to stay away from unhealthy choices.