



## Healthy Snacks

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The best thing I can say to you is invest in a good looking fruit bowl! Put your fruit out. Put it at eye level. Put it somewhere where you will think to go for it. So if you think about snacking in your kitchen, put it on your kitchen counter. When you're packing your vegetables for your dinner, chop a few extra up and put them in the fridge on a plate. So so that when you're hungry can go in and grab a cucumber strip or whatever. Those can be really nice things. And if you like things like hummus or yogurt they can be nice to dip into it as well. That's a nice quick snack.

If you like crackers or other biscuit-type snacks try to have the whole grain ones and try to keep the portion size down. Don't grab two huge handfuls! It really should be only one or two crackers if you're having it as a snack. Granola bars actually not a great option because they tend to actually be quite high in fats and added sugar. They usually add butter or an oil and they add lots of honey or sugar to them so they can be quite energy dense. If you're watching your calories that you're consuming then maybe trying not go for those.

Fresh fruit and vegetables are the best snacks to go for. You're topping off your vitamins and minerals. They do make you feel full. You can actually take them on the go. They are very portable. They don't have any waste associated with them unless you got a core or a peel or something. But they are the best foods. Also you're modeling for your child by choosing these as a snack. Your child will start reaching for these foods as a snack.

Make it appealing because that's what makes the difference between wanting to reach for something versus not. So a nice fruit bowl or whatever works for you or having it in a place that you think looks nice actually has been shown to increase your fruit and vegetable consumption by about 15 percent. A small change that makes a big difference in the long run.