

Sensible Snacking by Heidi Dening of Jump Start Outdoor

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Snacks

At 3pm, what are you reaching for to keep those hunger bugs away until dinner? It is very important to have something small around this time otherwise you will be irritable, unproductive, and hungry all afternoon. One of the key's to preventing this is to make sure you include some protein with your lunch, as this helps to keep those pesky hunger bugs away!

Bad Snack Choices

1 packet of plain crisps (100g) - 152 mins of walking, 63mins of jogging.

1 piece of cheesecake (about 100g – depends where you buy it!) - 129 mins of walking, 61mins of jogging.

1 piece of plain carrot cake (no icing) - 98mins of walking, 40mins of jogging.

1 medium blueberry muffin (about 100g) - 87mins of walking, 36mins of jogging.

1 plain chocolate bar (50g) - 74mins of walking, 31mins of jogging.

1 Milky Way (50g) - 63mins of walking, 26mins of jogging.

Better Snack Choices

1 packet of raisins (50g) - 44mins of walking, 18mins of jogging.

50g raw almonds - 83mins of walking, 34mins of jogging.

50g of apple - 7mins of walking, 3mins of jogging.

50g banana - 12mins of walking, 5mins of jogging.

Plain Yoghurt – 100g - 17mins of walking, 7mins of jogging.

Low-fat, fruit flavoured yoghurt – 100g - 28mins of walking, 12mins of jogging.

Heidi's Suggestion

Every Sunday night I boil a dozen eggs, and eat 1 or 2 every day at about 3pm when I start to get peckish. 1egg is walked off in 5mins and jogged off in 2mins. But the best part of all is that I don't even think about food until dinner once I have had this fantastic protein boost. They are the most convenient, nutritious and yummy snacks that I have ever consumed. Try it for a week and notice the difference.

NB: I know some of you are going to ask me why you would have some nuts when a chocolate bar will take you less minutes to burn off! Can I just say here that the fat in the nuts is the good stuff, and if you have the nuts you won't feel the need to eat again until dinner, plus you will feel alert and productive for the rest of the afternoon. If you have the chocolate bar though, you will get a burst of energy and then feel lethargic quite quickly, which will

mean you will reach for some more food to pick you up, which will mean more minutes out walking!!!!

To find out about more of your favourite snack foods and what it takes to burn them off, go to <http://www.calorieking.com/foods/>

Note: The minutes to burn these dishes off are based on a 35-year-old female who is 5'7" and weighs 65kgs, plus the amount of fat, carbohydrate and protein that is found in each dish.

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