

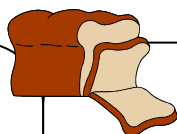


Snacking is key to fueling today's active lifestyles. About 1/3 of our daily energy intake can come from snacks – even more for people on the go. Use '1-2-3 Energy' tools to make snacking work for you.



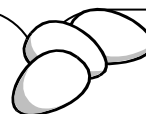
### 1 Fruit & Veggies

Fresh, dried, caned, frozen - banana, peach, kiwi, grapes, juice, vegetable cocktail, broccoli, carrots, tomato, sweet potato, in stir fry, soup, stew, salads...



### 2 Grains

Whole-grain breads, bran oatmeal, cereals, psyllium, pita, nan, tortilla, rice, pasta, muffins, bagel, crackers, bread sticks, cookies, bulgur, couscous...



### 3 Protein foods

Eggs, milk, cheese, yogurt, soy milk, tofu, soygurt, soy cheese, beans, lentils, chick peas, tuna, chicken, pork, beef, deli meats, nuts, seeds, peanut butter ...

## Protein is key to lasting energy.

Lack energy? Head-nodding in the afternoon? Want even moods? Fuel with '1-2-3 Energy' - a fruit or vegetable, grain and a protein food – and enjoy the results!

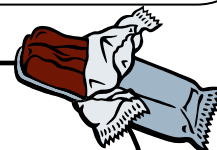
F/V → energy for 1 hr  
Grain →→ 2 hrs  
Protein →→→ 3 hrs

Some protein favourites:

1 large egg	7 g
175 g yogurt	12 g
3 slices deli meat	19 g
½ can tuna	25 g
1 chicken breast	25 g

TB peanut butter	8 g
1 cup milk or soy	12 g
¼ cup mixed nuts	12 g
½ cup soy beans	17 g
25 g soy cheese	12 g

## CARBO CRAVINGS



- Biological and emotional triggers can cause you to eat more food, and more quickly, than you would like.
- Foods such as chocolate, licorice, ju jubes, bread, and cookies boost serotonin levels in our brain. Serotonin helps us feel happy, content. Did you know a hot bath, exercise, music & aromatherapy can do the same?!
- Low energy, headaches, and feeling cranky are just some of the effects of a carbo binge.
- Want Relief? A '1-2-3 Energy' package helps rebalance physiology and lessen cravings!

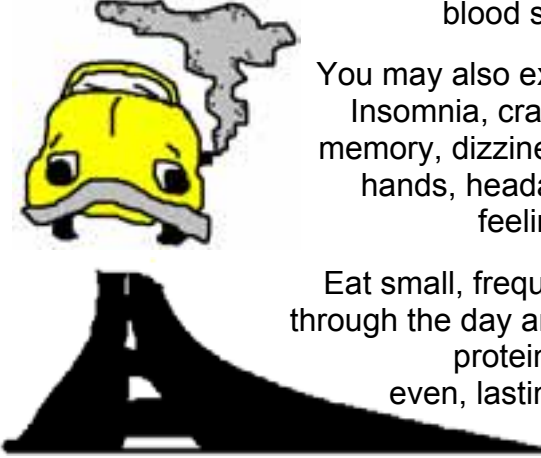
**Choose '1-2-3 Energy' – a fruit or veggie, grain, and your choice of protein food – for a great energy snack!**

## Low Sugar Woes

Eating snacks high in carbs & caffeine is sure to leave you feeling low as your blood sugar falls.

You may also experience: Insomnia, cramps, poor memory, dizziness, shaky hands, headaches and feeling cranky.

Eat small, frequent meals through the day and include protein foods for even, lasting energy!



## Stressed? Food Can Help!



Plan meals and snacks every 3-4 hours or so.

Limit caffeine in coffee, cola, diet-colas, tea and chocolate.

Fruit juice and high-sugar foods are best combined with other foods.

A snack before going to bed might help you to wake up feeling great!!

## Focus on Fibre

Include fibre & experience a remarkable difference!

- Aim for 25-35 g fibre each day.
- Eat 15-20 g insoluble fibre a day, like bran.
- Include 10-15 g soluble fibre, like oats.
- Increasing your fibre intake can be a weight management tool!

Some common sources of fibre are:

- 1/3 cup Bran Buds -13 g fibre
- 1 cup bran flakes – 8 g
- 1/2 cup strawberries or corn niblets – 2 g
- 1 pear or 1/2 cup brussel sprouts – 5 g
- 1 cup plain baked beans, canned – 21 g
- 1/2 cup dry roasted peanuts – 6 g

### Power Shake – Blend & Enjoy!

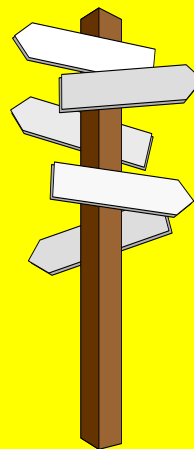
2 cups	low fat milk or soy
1/2 cup	yogurt
1	banana
1/2 cup	any fruit
2 TBSP	flax, psyllium, other



Nutrient analysis per 1 cup serving:

1500 mg potassium, 200 mg calcium, 100 mg iron, 100 mg zinc

### What do I eat?



**Everybody is different.**

**When searching for the 'right' way to eat, don't forget you are creating a meal plan 'right for YOU'.**

