



VeteranCaregiver.com Video Resource

Recommended Resources: Avoid Random Food Grabs

Definition Under stress, our bodies create hormones that cause cravings for sugar and salty snacks... but that's poor fuel for our one and only body. If you select healthy alternatives, such as chopped veggies, a piece of fruit or a handful of almonds, your body will thank you.

Resources

Healthy Snack Recipes <http://www.cookinglight.com/food/recipe-finder/healthy-snack-recipes>

Meal Planning <https://blog.myfitnesspal.com/meal-planning-for-beginners/>

Compulsive Snacking <http://www.readersdigest.ca/health/weight-loss/7-ways-top-compulsive-snacking>

19 Healthy Snack Ideas <http://www.realsimple.com/food-recipes/recipe-collections/favorites/quick-easy/healthy-snack-ideas>

6 Tips to Curb Snacking <http://www.jillianmichaels.com/fit/lose-weight/snack-smarter#slide=1>

My Food Diary <http://www.myfooddiary.com/>

Video Resources

Healthy Snacking http://www.huffingtonpost.com/2012/07/13/healthysnackingtips_n_1671285.html

Quote "Let food be thy medicine and medicine be thy food"
- Hippocrates

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