



VeteranCaregiver.com Video Resource

Recommended Resources: Smarter Snacking

Definition:

A snack is a light meal or item that is eaten in-between our regular meals of breakfast /lunch /dinner. Snacking has often been associated as a negative to one's overall health. However, when done properly, snacking can fuel your body and mind and provide you with your energy needs.

Resources:

Healthy Rules

https://www.healthiergeneration.org/live_healthier/eat_healthier/real_food_not_junk_food/

Smarter Snacking

http://www.eatrightpro.org/~media/eatrightpro%20files/career/career%20development/flyers%20and%20handouts/ernt_smart_snacking_for_adults_and-teens.ashx

http://www.eatingwell.com/nutrition_health/weight_loss_diet_plans/diet_exercise_tips/10_ways_to_snack_smarter

<http://www.realsimple.com/health/nutrition-diet/healthy-eating/snack-smarter>

<http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/healthy-diet/art-20046267>

Video Resources:

Healthy Snacks

<http://www.healthination.com/diet-tips/snacking-smarter/snack-well/>

Snack Mistakes

<https://www.yahoo.com/health/snack-mistakes-that-add-up-about-50-percent-of-107523931547.html>

Quote:

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.” - Buddha

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