

Snacking

Snacks are an important part of our day and can be considered any meal outside of a structured meal. We can often feel hungry between meals which can sometimes lead to poor food choices. When we feel hungry we often tend to grab foods which are quick and easy but may be high in calories. Snacking between meals can prevent us from making poor food choices and keep us from feeling hungry between meals. The government guidelines are to limit packaged snacks to two per day and only to contain 100 calories. Check out our snack section to find out more.