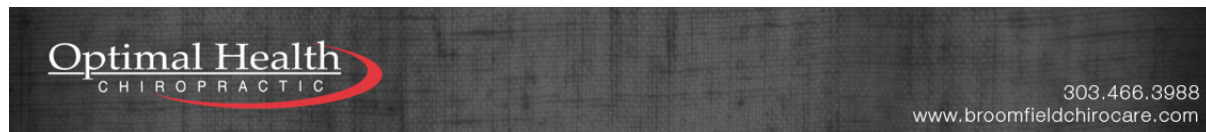


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Life is Busy: Snack Smart!



There's no way around it, life is busy. Whether it's juggling all of your own commitments or adding a busy family to the mix, chances are you are bouncing from one place to another with little time to think about how healthy eating is factoring in between everything else.

Often times this idea of snacking gets a bad wrap. And really it can be a negative if not done properly. Those who snack regularly often have an overall higher calorie intake, have less space in their diet for nutrient-dense foods and have a decreased hunger at meal times. But on the flip side, if done properly it can help promote steadier blood sugar control, it can make it so your hunger does not get out of control leading to overeating at your next meal and if you are snacking on the right foods, can help add more nutrient-dense foods to your diet. It's all about your choices.

Things to keep in mind when planning your snacks:

- **Choose whole and natural when possible:** To help keep hunger at bay and energy levels high, choose Whole Foods rich in protein, fiber and healthy fats. Combining different food groups is even better!
- **Everything in moderation:** A snack should be exactly what it says, a snack, not a meal. A good snack should contain between 100-200 calories.
- **Beware of the "health trap":** Being aware of the store bought "health" foods such as granola bars, protein bars or even yogurt is key. These often contain added sugar, sodium and trans fats and are dense in calories. Just because it says it's healthy, doesn't necessarily mean it is.
- **Thinking about the right snack at the right time:** If you need a snack for energy before a hard workout, include carbs that will digest quickly to give you an instant energy boost, like a banana. For recovery after the workout, a snack with protein and carbs, like nut butter on rice cakes, helps rebuild and refuel your muscles.
- **Always hydrate:** Drink plenty of water to keep hydrated, aid digestion and carry nutrients and oxygen to your cells. Not drinking enough water will counteract all of your healthy eating and snacking efforts!

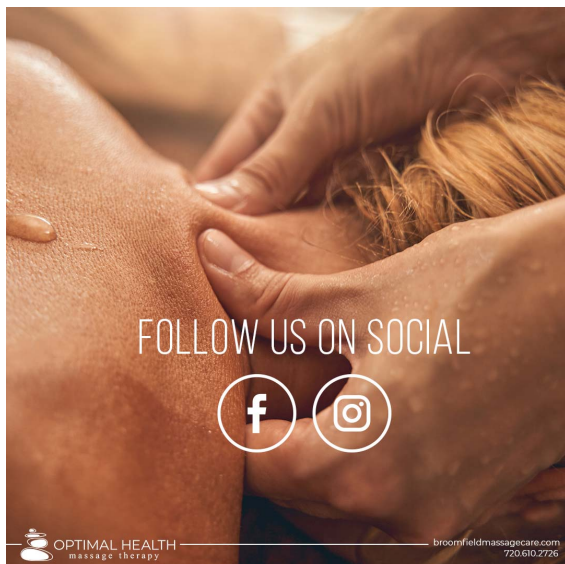
- **Avoid the sugar crash:** chips, cookies or even “healthy” bars will not get you very far. They will cause a short-lived energy peak and then you crash, making you feel even more tired and lethargic than before.

Some examples of snacks to bring along during your busy day:

- **Oatmeal Balls:** There’s a lot of customizable recipes out there for whatever your family prefers (and that’s part of what we love about them), but start with the basic recipe and add from there. They are totally tasty and pack a satisfying protein punch. Just remember one ball is about 100 calories, so keep that in mind when deciding how many to grab. ([Recipe Inspiration](#))
- **Trail Mix:** Along those same lines, trail mix completely customizable to your tastes. It’s a great way to get in those nutrient dense nuts and dried fruits, but beware, adding high amounts of sugar and saturated fats can make this a negative (and super easy to over eat!) A great trick is to buy small, single serving bags to pre-portion before you head out the door. ([Here’s some great healthy trail mix inspiration](#))
- **Popcorn:** Did you know popcorn is a whole grain? If you are a volume eater, popcorn can be a great snack for you because THREE cups has around 100 calories and 3 grams of fiber. Pairing it with nuts or jerky is a great way for a balanced, quick, healthy snack. Also, adding some fun flavors to it is a great way to keep it from getting boring. Pop a bunch and portion it out for easy on the go eating.
- **Spicy Roasted Chickpeas:** Because we had to throw something just a little different in the mix, if you are someone who loves chips, these might be great for you to try. They have a satisfying crunch, but are filled with protein and other important nutrients. You can season them however you like, spicy or sweet! ([Recipe inspiration](#))
- **KIND bars:** If you just don’t have time to be making these homemade snacks, KIND bars can be a great choice. KIND consistently ranks as one of the healthiest, lowest-sugar granola bar brands on the market. But bring a napkin, they can get a little crumbly sometimes :)

Don’t let hunger slow you down or cause you to make poor nutrition decisions. Is going through the drive thru easier? Totally. But is it going to make you feel good? Probably not. Setting yourself up for success before that decision moment comes up is the easiest way to make sure you make the choice that’s going to support that busy life you’ve got going on.

- Dr Chris



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We're Textable!

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If you are someone who prefers to communicate over text, this is good news for you. You can now text our phone number to communicate with our office. Obviously you are more than welcome to continue to call, but we now have another option for everyone.

And as always, we still have our online scheduling as well: optimal-health-chiropractic.booksy.com

(Also note that the office will be closed on Thursday, April 6th due to the opening day of baseball. Go Rockies!)



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