

PARENTS NEED SNACK TOO!

Besides reminding our children to do their homework each day, most of us parents are busy preparing after-school snacks for them. Do we remember when *we were* school children? Our parents telling us that we would get cranky if we didn't have a snack? At 3:00 every day, we came home from school and had a snack BEFORE we went out to play or do our homework. We (and our parents) knew that we needed energy to last until dinnertime.

Flash forward 20+ years: where are you every day a 3:00 p.m.? At work, right? And how do you feel around that time? Tired, cranky? Having a hard time focusing? Similar to how you felt after school, right? Hmmm...

Do you torture yourself by trying to make it to the end of the work day without having a snack to recharge you? Or do you make a late-afternoon trek to the vending machine or coffee shop for a quick pick-me-up?

Both of those strategies are recipes for disaster. Avoiding food all afternoon will only make your blood sugar plummet, increasing your crankiness and causing a post-work binge. Vending machine snacks and coffee aren't healthy for you and won't provide long-lasting energy.

So, what's an adult to do? My suggestion is simple: practice the same technique your mom used when she picked you up from school:

***HAVE A HEALTHY AFTERNOON SNACK READY EVERY DAY, IN CASE YOU NEED IT! I highly recommend stocking your office drawer or fridge with some of the following snacks:**

- Kashi's "TLC" crackers with salsa
- Veggie sticks with hummus
- Cottage cheese with apple and cinnamon
- Banana slices with peanut butter and raisins on top
- Homemade trail mix (nuts, dried fruit)
- Organic yogurt and fresh fruit
- Amy's or Healthy Valley bean soup

All of the snacks listed above have complex carbohydrates as a base, which provide long-lasting energy. They also have a bit of protein and good fat in them, which satisfy you and keep you full.

Oh, and one last thing: don't wait until you're ravenously hungry to eat. Try having a snack 1/2 hour before you normally crash. If you're proactive about fueling your body, you will be much more productive at work and you won't ruin your good eating habits with a post-work binge.

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