



SNACK

SMART



REGULAR

EXERCISE



IMPROVE

HEALTH

Snacking Behaviours

The main motivator for snacking is hunger. However, other triggers have been identified such as boredom, stress, emotional and habit. Snacking due to being hungry can prevent overeating at mealtimes. Snacking for reasons such as stated above can lead to excess calorie consumption depending on the foods you choose to snack on and how physically active you are. Tips to stop excess snacking:

- *Drink plenty, stay hydrated*
- *Maintain healthy meal schedule – avoid skipping meals*
- *Move more – physical activity can be mood boosting and reduce stress*
- *Prevent boredom – make a to-do list to work through*

Fruit and vegetables are highly recommended snacks being low in calories and full of essential vitamins and minerals. Below are some suggestions how to include into your snacks

Current snack	Swap For
Crisps and sour cream dip	Vegetable sticks and houmous
Slice of sponge cake	Malt loaf
Roasted Salted Peanuts	Spiced roasted chickpeas
Chocolate digestive biscuit	Lightly salted rice cake topped with nut butter
Higher sugar yoghurts and dessert pots	Natural or Greek yoghurt with mixed berries and drizzle of honey

Advantages of homemade snacks – can be fun, quick and healthy!

Cook together as a family.

You control what goes into your snacks – fat/sugar/salt.

Can adapt recipes to suit nutritional needs/tastes/allergies.

May help to improve mental wellbeing at home while in lockdown – gives a purpose/distraction.

Can be healthier and cost less compared to shop bought goods.

Good for children to encourage behavioural change – good habits.

Porridge Oats

- Lower cholesterol
- Omega 6 for heart health
- Iron for energy and immune system
- B vitamins for cell health, brain function, energy

Visit our facebook page for tasty, healthy snack recipes and swap suggestions, also add your own ideas!

<https://www.facebook.com/Snack-Smart-Regular-Exercise-Improve-Health-102838295151509/>



Regular Exercise

Regular exercise can help improve your heart health, regulate the body's natural defence system, and decrease the risk of obesity and diseases.

The World Health Organisation recommends at least 600 metabolic equivalent (MET) minutes per week.

Exercise includes everyday activities, so check out the table below and calculate your MET of task minutes (Further activities can be found through our Facebook page).



	Light (<3 METs)	Moderate (3-6 METs)	Vigorous (>6 METs)
Walking	Slowly (2)	Brisk pace (3)	Jogging running (6)
Household or occupation	Dish washing, ironing, making beds (2)	Washing windows, sweeping floor, vacuuming (3)	Shovelling/digging (7-8)
	Work at desk (1-2)	Mowing lawn (5)	
Leisure, sports	Croquet, dart, fishing (2-3)	Badminton, golf (4)	Moderate/high bicycling and swimming (8)
		Dancing (3-4)	Football (7-10)
		Light bicycling and swimming (6)	Basketball (8)

Track your calories burned with the equation below:

$$\text{Calories burned} = \text{Your weight (kg)} \times \text{MET} \times \text{time (hrs)}$$

Our sponsor **Active Cheshire** aims to engage, educate, enable, inspire and influence to encourage behavioral change by changing habits, hearts and mindsets to be more active, as well as ways to engage the whole family.

For more information on how to stay active, follow the link from our sponsor Active Cheshire at <https://activecheshire.org/active-home/>



Oaty Blueberry cookies

Ingredients

150g Rolled oats
3 eggs
Vanilla essence 1tsp
2 large overripe mashed bananas
40ml Vegetable oil
85g Plain flour
½ tsp bicarbonate of soda
120g blueberries
½ tsp salt ½ tsp sugar for tops

Method

Pre-heat the oven to 180°C/fan 160°C/350°F/gas mark 4
Combine eggs, banana, oil and mix well.
Add the oats, flour, bicarbonate of soda, mix well and add the blueberries.
Create 16 small, flattened balls with the mixture and place on a baking tray.
Cook for 22 minutes until golden.
Place on a cooling tray and enjoy!

Change 4 Life

Aims to support and provide families with the tools to make healthier choices. Promote sugar swaps with scanner on app as well and helping understand food labels and encourage exercise with the couch to 5km program and 10 minute shake ups.