

Smart Snacking

Does your energy and focus crash in the afternoon? Are you starving by the time dinner rolls around or maybe your rumbling stomach is keeping you from a full night's sleep? **If you answered yes to any of these questions...then you need a snack!**

Just as your car needs fuel, so does your body. However, the body needs fuel more often, for some folks, every three to four hours. The primary reason you're crashing in the afternoon and starving at dinner is because your body is running on empty.

Hunger can show up in the body in a variety of ways: a rumbling stomach, headaches, irritability, lethargy and more. As you begin to sense how hunger shows up for you, adding a well-timed snack mid-morning or afternoon can be a great boost of energy for the body and brain.

Pair a source of carbohydrate for energy, like whole grains, fruits or vegetables with a protein, for fullness, like eggs, yogurts or nuts.

Our bodies know best! Listening to your body's hunger cues is the best way to make sure you're fueling well, no matter the time of day.

Learn more

For more ideas, visit [Blog.OhioHealth.com](https://www.ohiohealth.com/blog)



Smart snack ideas

- + Almonds and dried apricots or pretzels
- + Yogurt, granola and berries
- + Cheese and crackers
- + Nut butter and apple slices, pretzels, or celery
- + Veggies or pita chips and hummus
- + Trail mix (small handful)
- + Hardboiled egg and veggies
- + Cottage cheese and pineapple
- + Air popped popcorn and a handful of nuts
- + Turkey and cheese rollups with a handful of berries
- + Whole fruit smoothie with greek yogurt