



Competitive Edge
PHYSIOTHERAPY & SPORTS CONDITIONING

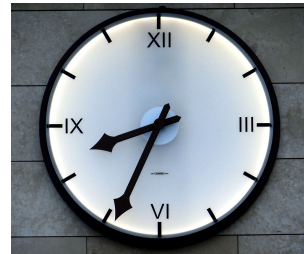
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SNACKING DURING COVID-19

While staying at home amid the COVID-19 pandemic, some of us may have started to indulge in endless snacks from the pantry. To avoid doing so, here are some tips for healthy snacking while quarantining.

BE CONSISTENT WITH YOUR MEALS AND SNACKS

Although your entire life routine may have changed, it doesn't mean your usual eating pattern has to. Ensure you are still eating every 2-3 hours to ensure you are getting sufficient nutrients to manage your health, including 3 meals and 2-3 snacks per day.



Tip: Avoid the urge to skip meals or limit eating. Skipping meals and restricting eating often leads to over-eating, followed by guilt and shame.

CHOOSE SNACKS HIGH IN PROTEIN, FIBRE AND HEALTHY FATS

Protein and fat are important to keep you feeling full and satisfied throughout the day. Snacking on carbohydrate-based foods may leave you feeling hungry shortly after. Pairing snacks that are high in protein and fibre or healthy fats will help you feel full longer and prevent over-eating.



Tip: Add nuts or a scoop of nut butter to your fruit. Serve crackers with cheese or meat. Dip veggies in hummus or Greek yogurt dip. Try low-sodium corn chips with guacamole.

BE AWARE OF YOUR HUNGER AND FULLNESS CUES

During this pandemic, we all are more prone to emotional eating because of the many uncertainties and eating can be an easy way to diffuse uncomfortable feelings. Naturally, we seek foods that are highly palatable such as ice cream or chips which activate the reward centres in our brain and makes us feel good. Take a moment to be curious about why you are eating. Ask yourself, “How am I feeling in this moment? Will eating make me feel better?” These questions will help determine what your emotions are and to figure out what you need to deal with those emotions.

Tip: use the hunger-fullness scale. How are you feeling? Between 1-3 you may be starving and should eat a meal; between 4-7 you may be comfortable and a snack may help keep you feeling this way; between 8-10 you may be full. Try activities to relieve these feelings that's not hunger. Take a walk, read a book, call a friend – it doesn't matter the activity, as long as it brings you joy!



AVOID AUTOPILOT SNACKING

Snacking straight out of the bag while watching TV or working is the perfect recipe for over-eating. Instead, try planning and portioning out snacks ahead of time. This reduces the instinct to grab whatever is available and turns snacking into an eating encounter you can feel good about. When you're ready to snack, eliminate distractions, sit down, and enjoy. Remember to tune into your hunger-fullness scale.



Tip: cut up veggies and bag them in the fridge ahead of time so you can quickly grab them when you're feeling hungry. If you're going for some chips, cookies or candy, portion it out and put the remainder away in the cupboard, out of sight-out of mind!

CHECK OUT THESE EASY AND HEALTHY SNACK IDEAS

- Create your own trail mix by combining nuts, seeds, dried fruit, and even dark chocolate.
Tip: Portion into ¼ cup serving sizes.
- Blend a smoothie using frozen fruit with Greek yogurt and milk of choice.
Tip: Add some spinach or kale in for a sneaky serving of vegetables.
- Make a dip for your veggies using cottage cheese or Greek yogurt with dried spices and herbs.
Tip: Try onion and garlic powder, dried dill, parsley and/or chives, with salt and pepper.
- Create deli meat “roll ups.” Spread meat with cream cheese (or string cheese).
Tip: Add bell pepper, cucumber, or pickles for a nice crunch.
- Blend garbanzo beans with lemon, olive oil, and garlic for easy homemade hummus.
Tip: Serve with crackers, veggies, or wheat pita.
- Slice up some banana, apple, or celery and eat with natural nut butter.
Tip: Top with raisins or dried cranberries for a chewy texture.



ROASTED PUMPKIN SEEDS

PREP TIME

Prep 10 m | Cook 15 m | Total Time 25 m

Makes 12 servings

INGREDIENTS

- 3/4 cup raw pumpkin seeds
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/8 tsp black pepper

PROCEDURE

- 1 Preheat oven to 350 °F (177 °C).
- 2 Wash pumpkin seeds in a colander to remove the pulp and fibers. Thoroughly dry with a towel.
- 3 In a small bowl, combine pumpkin seeds, olive oil, salt, garlic powder, paprika and black pepper.
- 4 Lightly grease a sheet pan with olive oil. You can also use a silicon mat without adding oil. Evenly spread the seasoned pumpkin seeds on the sheet pan.
- 5 Bake until the seeds are toasted and crunchy, about 12-15 minutes. Stir every 5 minutes for even toasting and check for doneness with each stir by tasting a seed for crunchiness.
- 6 Transfer roasted pumpkin seeds to a bowl to cool down. Store in an air-tight container for up to 2 weeks.

NUTRITION INFORMATION

Per 1 serving (1 tbsp)

Calories 53

Fat 5 g

Saturated 1 g

Polyunsaturated 2 g

Monounsaturated 2 g

Sodium 47 mg

Carbohydrates 1 g

Fiber 1 g

Sugars 0.02 g

Protein 2 g

Vitamin A 0% **Calcium** 1%

Vitamin C 1% **Iron** 4%

TIPS

Eating whole pumpkin seeds provide fibre and the shell is an excellent source of zinc, phosphorus, potassium, magnesium and iron. They can be versatile by combining different spices like chili powder for heat, curry powder or cumin for earthy flavours, or cinnamon and maple syrup for a sweet taste. Pumpkin seeds make for a great snack, but you can also add them to your salads.