

A smart strategic snack

Consider the snack. For some, it's simply a means to stave off hunger or have some sort of pick-me-up, so anything will do. For others, it's an opportunity to stay energetic and make a smart strategic food choice! Eating regularly not only boosts metabolism and increases weight loss but is also an ideal way to manage energy levels and cravings for certain foods. Let no more than four hours pass between meals or snacks. This way, you'll ensure a constant supply of blood glucose to your body and brain.

What's in a smart strategic snack?

- ✔ Ideally a snack should meet the following nutritional criteria:
- ✔ About 300-500kJ (70 - 120 calories)
- ✔ About 10g of total fat (although for weight loss closer to 5g is better)
- ✔ As high in fibre as possible
- ✔ Should contain some nutrients (vitamins & minerals)
- ✔ Should be slow releasing (Intermediate or Low Glycaemic Index: <60) and low GL (Glycaemic Load: 5-10)

One of the best healthy snacks is a piece of fresh fruit. Fruit may, however, not always be so practical or ideal if you are on the run or on the road or even if you aren't a big fan of fruit.

We are therefore thrilled about TruFruit bars.

This delicious smart snack originated by someone who, like so many of us traveled a lot and became tired of the limited choice of peanuts and pretzels served on most short flights or in vending machines.

Each bar meets the nutritional criteria above:

About 380kJ per bar
0g fat (i.e. fat free)
1g fibre
Rich in vitamins and minerals being 100% fruit
Low GI and GL:6 (slow releasing)

Additional benefits to these bars are that they have no added sugar and preservatives and there are many flavours to choose from (Cherry, strawberry, mango, banana)

Visit www.trufruit.co.za for more information and a list of retailers.

Look out for these naturally sweet tasting and nutritious bars.

Keep this smart snack within easy reach in your desk drawer, travel bag, handbag, laptop bag, brief case or car cubby hole. What has worked well for ourselves when traveling is to take enough TruFruit bars to give us 2 per day. It makes a non-perishable easy fruit alternative.

