



Ideas for healthy snacks

Cutting out sugar may have an all-round calming effect

Plenty of scientific evidence exists to show that refined sugar effects mood swings. Indeed, a recent study in California suggested that refined sugar should come with a health warning as grave as those associated with cigarettes!

Ideas for healthy snacks:

- **Humous with raw carrots or celery** - Carrots are a lovely sweet vegetable and delicious raw. Enjoy them mid-morning, or mid-afternoon as a quick bite.
- **Gluten-free crackers with humous and fresh parsley** - Parsley is very tasty and rich in natural calcium for healthy bones and teeth.
- **Nuts** – almonds, brazil nuts and hazelnuts are particularly good for you but avoid salted versions.
- **Toast** – preferably wheat/yeast free – with butter and nut butter. Nut butter is a great snack because it gives you some protein.
- **Herbal teas** – drink plenty because they help to suppress your appetite.
- Keep **fresh fruit** in the fridge, so it's always there and doesn't spoil.

