

Nasreen El Mariesh suggests some healthy snacking options to refuel and invigorate



SAVVY SNACKING

Whether you stick to a strict three-meals a day or are a habitual grazer, there is no denying that sometimes we all need a little pick-me-up. Follow the lead of smart snackers and avoid processed foods, opting instead for something healthy, tasty and nutrient dense. Our savvy snack choices are:

Nuts and Seeds

High in protein, nuts and seeds satisfy the appetite and are packed with heart healthy lipids, antioxidants, minerals and vitamins. Possessing countless health benefits they protect against diabetes and heart disease and lower cholesterol. Some studies also show that eaten regularly they can aid weight loss. Top picks are almonds, walnuts and pumpkin seeds but whatever your choice, opt for unsalted, with the skin on and limit yourself to a small handful.

Fruit

With sugar getting plenty of bad press lately, naturally sweet fruit has fallen out of favour with diet gurus. But fruit is full of fibre and rich in disease-fighting vitamins and nutrients so shouldn't be overlooked. Avoid sweetened dried fruits, instead go for varieties with high water content such as apples and watermelon or low calorie berries.



Popcorn

We're not referring to the salt and sugar-laden variety you get at the cinema. Health conscious snackers know that air-popped popcorn is a top choice because it is wholegrain, high fibre, low in fat and easy on the calories. We love Metcalfe's Skinny Topcorn (79p for 50g), available in a range of delicious exotic flavours such as White Cheese and Chocolate Crackle, ideal for those who have sneaky chocolate cravings.

metcalfesskinny.com



Miso

More of a hot drink than a classic snack, Miso soup is extremely low calorie (30 per serving), will help fill you up and appeals to those with a more savoury palate. It also has the benefit of containing pro-biotic digestive enzymes, excellent for strengthening digestion. We like Clearspring Organic Instant On The Go Miso with Tofu (89p per portion).

www.clearspring.co.uk



Blends

Great for stabilising blood sugar, a blend is a powdered form of natural energy boosting ingredients such as antioxidants, plant based protein, vitamins, minerals and amino acids. Mix with low calorie coconut water and, hey presto, you have rocket fuel in a glass; perfect for when you require enhanced stamina and focus. Chiray Super Powder (£11.95 for 400g) is one option that contains a powerful organic combination of ginseng, hemp protein, guarana, raw goji and Sencha green tea, and is available in Goji & Vanilla or Raw Cacao flavor.

www.chiray.co.uk