

The Benefits of Eating Snacks During the Day

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Healthy Eating: The Benefits of Eating Snacks During the Day



Whether you want to lose weight, or just want a healthier lifestyle, eating many small meals throughout the day instead of three giant meals benefits all of us. This article gives reasoning behind consistent eating and tips for how to incorporate it into your everyday life.

The main point is simply, eat constantly! Skipping meals is a common mistake that does not work. Mentally, it makes you think about food nonstop as well as crave junk food. In addition, your weight fluctuates instead of being balanced. Rather, if you choose the right snacks throughout the day, you will never feel like you are starving. As a result, you will not be tempted to overeat at breakfast, lunch, or dinner. When you eat frequently, you are feeding your body at a healthy rate that allows it to comfortably release fat and toxins. Additionally, “a feeling of fullness is another advantage to eating smaller, more frequent meals- that’s right, your stomach capacity is likely to shrink!” (The Nutrition Twins Lyssie Lakatos, RD, and Tammy Lakatos Shames, RD, authors of, *The Secret to Skinny*).

It is recommended that you eat five times a day. In addition to the three main meals, you should also have two snacks. Healthy snacks have: lean proteins, whole grain, vegetables, and fruit. Some suggestions for work or on-the-go: boiled eggs, handful of almonds, an apple, or string

cheese, baby carrots, bell pepper strips with 2 tbsp. hummus, nonfat Greek yogurt.

Lastly, it works best to schedule your snacks. Try eating three hours after breakfast and three hours before dinner, “Eating every two and a half to three hours insures that your metabolism stays activated all day long. If you skip meals entirely or wait too long to eat, you trigger a starvation response and your metabolism slows down.” (Sima Cohen/ Fitness Entrepreneur, Celebrity Trainer, Nutritionist, Author). For example, eat half your food at lunch and save the rest for later. This will prevent you from feeling the after-meal coma that leaves your brain and muscles with a lack of nutrients. If you can eat at generally the same time every day, then your body will recognize when to expect food. As a result, you will have less unhealthy cravings or unnecessary eating.

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The Secret to Skinny

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