

LITTLE ADAPTS BY JAX

Healthy Snacks

The Formula:

Healthy Fat + Fiber, Protein + Greens (when possible!) = The perfect snack/meal combo!

- Use the combination of macronutrients + micronutrients to stabilize your blood sugar levels and stay satisfied longer
- Provides increased energy, essential vitamins + minerals, and improves concentration

The Components:

1. Healthy Fat

The primary source of energy for the body and maintains body temperature.

- Benefits:
 - Improves insulin sensitivity + blood sugar control
 - Reduces inflammation
 - Aids in nutrient absorption + digestion

2. Protein

Stabilizes your blood sugar levels and supports your muscles and bones.

- Benefits:
 - Keeps you full + promotes digestion
 - Increases your metabolism
 - Reduces appetite + hunger levels
 - Since protein doesn't impact blood sugar levels, it doesn't have a GI ranking and won't raise blood sugar levels.
 - Daily recommendations:
 - 50% of body weight in grams for maintaining health - For example, 150 pounds = 75g of protein
 - 75% of body weight in grams for burning fat - 150 pounds = 131g of protein
 - 100% of body weight in grams for building muscle - 150 pounds = 150g of protein

3. Fiber

It is a non-digestible carb, which passes through the body and helps lower glucose levels and bad cholesterol levels.

- Benefits:
 - Lower on the glycemic index + results in smaller blood sugar spikes
 - Aids in digestion + growth of healthy gut bacteria
 - Reduces appetite + cholesterol
 - Daily recommendation: 38 grams for men, and 25 grams for women

4. Greens

Filled with antioxidants + vitamins and helps to detox the body.

- Benefits:
 - Rich in macronutrients, micronutrients + phytonutrients
 - Very little impact on blood glucose
 - Reduce inflammation + prevents disease
- More information about how blood sugar levels + insulin work:
<https://www.otsuka.co.jp/en/health-and-illness/glycemic-index/glucose-level/>

The Conclusion:

Being prepared by bringing healthy snacks with you helps you to make the best decisions when you're on the go and traveling!

- Examples of healthy snacks:
 - Nuts
 - Fruit
 - Veggies
 - Nut butter with fruit (berries are lower on the glycemic index than bananas)
 - Nut butter with veggies
 - Hummus or guac/avocado mash with veggies
 - Brown rice cake (I like the Lundberg thin stackers!) with nut butter, avo mash, hummus
 - Dried fruit (in moderation)
 - Bars when you travel
- Blog post on healthy snacking: <https://www.littleadaptsbyjax.com/little-adapts-for-travel/>