

Snack Smart

There are no 'good foods' and 'bad foods' - when thinking about food; it's best to think of it as the 'fuel' for your body - just like a car needs gas to run, our bodies need food to run!

When understanding foods, it can help to understand it based on the pH scale. Those with a lower pH have a higher acidity level (just like the inside of our stomachs), and those with a higher pH have a lower acidity. Choosing your foods and keeping them balanced helps your body maintain its pH levels balanced!

Intuitive eating focuses on us learning how to listen to our body and its needs - food fuels you and keeps your energy levels up, so it's important to fuel your body right! Intuitive eating is NOT a diet and is not learning how to count calories for the day. It IS learning how to listen to our bodies and responding appropriately. It teaches us to learn to listen when we are hungry, eat foods to fuel ourselves, and stop when we're full and satisfied.

Intuitive eating is **NOT**:

- 'Good food' versus 'Bad food.'
- A diet
- Counting calories
- Weight loss

How to Snack Smartly:

- Prepare your snacks ahead of time
- Drink water with your snack
- Use whole-grain foods (breads, fruit, and vegetables)
- Use protein-rich snacks (peanut butter, cheese, and yogurt)

What are some Healthy Snacks?

- Ants on a Log (celery, peanut butter, and raisins cranberries, blueberries, or chocolate chips)
- Apples (or fruit of choice) + peanut butter
- Trail Mix
- Yogurt and berries



Share your 'Smart Snacks' with us on TikTok, Instagram or Facebook and tagging @gswcf and #GirlScoutsAtHome and #GSWellness