

# HEALTHY SNACKS



from DAN'S  
HAND

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Studies show that college kids have bad diets and they are constantly eating. Eating often is a good thing; we call that grazing. The trouble is when you are dumping empty calories and over processed food products into your tank; you aren't giving your body what it needs to perform at peak efficiency. The quality of the fuel you consume has a direct impact on every bodily function. A coffee and Twinkies diet builds a coffee and Twinkies body. By eating some healthy snacks in between meals you could make your:

- Weight Stable
- Mind Sharper
- Skin Clearer
- Energy Soar

### **Diet Strategies**

1. Log everything you eat, including nutritional content.
  - Understanding portion sizes and caloric content is key to weight control.
2. Start each meal with high-fiber foods.
  - Microwave veggies and throw on top of a salad to boost fiber
3. Avoid alcohol during the week.
  - Alcohol is a byproduct of ethanol, your body's equivalent to pyruvate; however, your body does not recognize ethanol, so it turns directly into fat.

4. Never shop on an empty stomach.
  - You will be more apt to buy junk foods
5. Just choose one item to eliminate, don't try to overhaul your whole diet.
  - Trying to change your whole diet at one time will set you up for failure. Take baby steps.
6. Choose water over soda.
  - It is easy to chop 200 calories a day just by one substitution.
7. Avoid the kitchen until you have a chance to unwind.
  - Stress can elicit certain hormonal responses and trigger binging.
8. Eat fruit everyday and fiber-rich whole-grain carbs.
  - These products are nutrient dense and are loaded with fiber.
9. When dining out:
  - Start off with a cup of broth-based soup.
  - Ignore the bread basket.
10. Always plan ahead when traveling.
  - Load up with healthy fruits, veggies and granola bars.

Eat Well!

## PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".  
**Eat Well. Live Well (and Long).**