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## Dynamic Snacks

When you're caught out by hunger pangs, (real ones that register higher than 6 on the Hunger Scale), there's no need to resort to the Coke and Mars Bar solution. They will only make you feel hungry again soon afterwards because of the insulin rush that will follow the sugar hit – and just think of the empty calories.

Always be prepared. Keep some of these in your bag or your car, or your desk, so that you don't get desperate and do something you will regret later.

### Suggestions

- Fresh fruit is probably the best. It's sweet, but it has a lot of nutritional value. Just don't let it get so ripe that the sugar is absorbed too fast. Bananas and satsumas are the easiest because they are ready packaged, but you can wash grapes and other fruit at home and keep them in a box. Always wash your fruit – especially if it isn't organic. The government is even issuing warnings about pesticides now.
- Dried fruit is great but bag it up into small portions so you don't get carried away and eat too much. Even natural fruit sugars can still cause blood sugar 'high' in some people if they eat a lot of it. Try a mixture of apricots, dates, raisins, dried banana slices, pineapple, papaya, but make sure they are natural and not sugar coated.
- Dried fruit bars, sometimes known as fruit 'leather' are available from health food stores. They are simply unsweetened fruit purees, dried and pressed into a thin sheet.
- Some muesli bars are OK, but most of them have a lot of added sugar, (usually in several different forms), so at least read the labels. Sugar is often the main ingredient in these 'healthy' snacks.
- Nuts and seeds are natural and good for you as long as you don't eat too many. You could make your own mixture of sunflower seeds, sesame seeds, pine nuts, cashew nuts, etc. Dry roast them in a non-stick pan over a medium heat, but you have to stir or shake the pan almost constantly to allow them to brown evenly. Tip them into a bowl and then add a drizzle of soy sauce. Stir to coat them evenly and leave to cool.
- Marmite flavoured rice cakes make a savoury alternative to crisps.
- Home-made popcorn is easy to make either in a large pan with a lid or in special microwave packs. Sprinkle over a little salt and/or chilli, or serve sweet with a little cinnamon and some dries fruit.
- Make apple or pear 'crisps' by slicing the fruit as thinly as possible with a mandolin, then spread them out in a single layer on greaseproof or non-stick paper and dry them out in the oven until they start to brown.
- Home-made oven chips are amazingly good and virtually fat free. One kilo (2lb 4oz) of potatoes cut into chunky chips need only 1 tablespoon oil (or a few spritzes with an oil spray) to toss them in before spreading them out on a baking sheet and baking in a hot oven for about 30 minutes. Season with salt and pepper, or toss in some herbs or spices before baking.
- Corn on the cob makes a great snack to keep you going and it doesn't really need to be dripping in butter. A quick spritz of the oil spray makes it look tempting enough. Just simmer them in boiling water, or steam, or even wrap in foil and oven roast, as they do on the streets of the Eastern Mediterranean.