

Jeni's Health & Fitness Tips

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Hi Everyone!

Many of us are out rushing around all day. If you don't carry any snacks with you, when hunger strikes you may be tempted to buy something quick and easy at the nearest shop. This often results in nutritionless snacks loaded with empty calories.

There are quite a few super foods that are an excellent addition to your diet. They require no refrigeration, no preparation and can be carried with you easily to snack on whenever needed. Try some of the following. You can make your own trail mix and include other favorite ingredients too:

Goji Berries

Also known as wolfberries, goji berries are now available in the dried fruit section of most supermarkets. These tiny red berries grow in the Himalayas and are packed with anti-oxidants and contain more vitamin C than most fruits. They are rich in minerals and amino acids. They are beneficial for the immune system.

Almonds

These nuts contain alpha-tocopherol, a form of vitamin E that meets all the body's Vitamin E requirements on its own, making them a powerful antioxidant. They are high in protein and monounsaturated fat. They are a good source of dietary fibre. They also contain potassium (for active muscles and nerves), magnesium (which assists enzyme function and metabolism), phosphorous (to promote strong bones and teeth) and riboflavin (for growth in healthy red blood cells).

Choose the unsalted variety. In their natural form, almonds are low in sodium and sugar. Just a small handful (30g) provides more than half your daily vitamin E requirements.

Pepitas

These pumpkin seeds are a rich source of iron and zinc. Iron helps transport oxygen around in the blood and zinc supports the immune system. They also contain magnesium, vitamins A & K. They are a great source of protein and fibre and can help satisfy hunger for longer.

Walnuts

These nuts are high in plant omega-3 fatty acids, known to be an essential part of a healthy diet. They are a great source of protein and fibre. Ten walnut kernels make up a handful (30g); a good daily allowance.

All nuts are naturally cholesterol free, they do not contain trans fats, and being high in fibre and protein, they satisfy your hunger for longer.

Eating little and often boosts your metabolism resulting in fasting fat burning. And when you do eat, make it worthwhile as well as enjoyable!

Yours in health,

Jeni

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