

**BE SNACK AWARE**

**BE SNACK AWARE**... it's A-OK to snack BUT make sure you are aware of portion sizes and food choices. **EAT FOR YOUR GOALS!**

I often hear people talk about ***'healthy'*** foods such as fruit, vegetables, nuts, seeds etc as if they are ***FREE*** calories. \*\*\*Remember all foods have calories.

If you goal is fat loss you need to remember calories IN V calories OUT... you must be in a CALORIE deficit i.e less calories IN than calories OUT.

Don’t be fooled by **SMALL** in quantity/volume snacks such as nuts. For example, a snack of 10 almonds and 2 dried figs although small in portion size is actually pretty high in calories... coming in at **142 calories.** If you are on a low calorie intake 142 calories might be better eaten in foods that are more filling such as 2x boiled eggs (156 calories), a chicken breast to snack on (150 calories), a sugar free jelly with 1x large caramel rice cake and a protein shake (167 calories).

**NOW**… don’t get me wrong…Nuts are awesome and super-duper tasty, they are high in 'good' fats and a great source of protein *BUT* they are high in CALORIES so if you decide to snack on nuts make sure you control the portion size.

**Share your low calorie snack ideas to help other FITNUTS also on a fat loss journey.**