



# Time to snack!

For most people, tea time usually means a time for a quick snack - the time between 3pm to 4pm is when you start feeling that nagging, hollow pit in your stomach. Before you know it, you begin to lose concentration on whatever it is you're doing, and start craving for something to munch on.

This is a natural reaction in your body because your blood sugar is dropping since the last meal, which was most likely lunch or a late breakfast. In other words, your body is telling you to eat!

If you've had a heavy lunch consisting mainly of carbohydrates, you're more likely to crave for even more carbohydrates such as biscuits, chocolates or potato chips; if you skipped breakfast, you're even more likely to experience late afternoon hunger.

It's all about the balancing act. An afternoon snack is not an indulgence - it's quite simply your body's way of needing to stop and refuel and can in fact be beneficial in terms of managing weight. It's when snacks turn into a grazing habit that they can lead to too many extra calories and weight gain.

Snacking during tea time in small and selective quantities can help to boost glucose levels between meals, therefore boosting energy levels, fighting fatigue and improving concentration.

Look for snacks that will boost your energy levels but are wholesome too. Biscuits that contain bran are particularly rich in dietary fibre, omegas, protein, vitamins and dietary minerals. These types

of snacks are great on the digestive system, as are biscuits with ingredients such as cardamom. Snacks that contain milk and honey also help boost energy levels besides tasting great.

belVita biscuits by Nabisco are a perfect example of wholesome snacks that combine the goodness of natural ingredients, whilst helping to boost energy levels. Its range combines natural ingredients such as bran, cardamom, milk and honey. Aside from an exciting variety, they come in handy, individual pocket-sized packs, which can be stored easily in your drawers or bags and prevent you from snacking more than is necessary.



## COMPETITION

### CLOSES

OCTOBER

25th 2008

No employees of CPI or belVita's may enter.

### The art of snacking...

**Don't deprive yourself:** If you deny yourself a snack in the late afternoon, you're more likely to overeat at dinner

**Stop, listen and think:** If you listen carefully to your body, you will be able to tell whether or not you're genuinely hungry as a result of low sugar levels, or if it's just a bad old habit derived out of boredom.

**Plan ahead:** If you already know you're likely to feel hungry around tea time, plan ahead. Keep a handy snack in your bag or drawer. Planning also gives you more control over what you snack on.

**Variety is the key:** Having a variety of wholesome snacks at hand is a great way to avoid getting bored and opting for something more indulgent. Research released by Kraft Foods shows that biscuits are the most popular choice of snack and, thankfully, there's plenty of variety!

## WIN! WIN! WIN!

Thanks to Nabisco, we have a large hamper of belVita biscuits to give away, to satisfy your snacking cravings!

To enter, simply e-mail your details to [competitions@bbcgoodfoodme.com](mailto:competitions@bbcgoodfoodme.com) with your answer to the following simple question:

**Does snacking increase or decrease your glucose levels?**