

# Smart Snacks in Quarantine



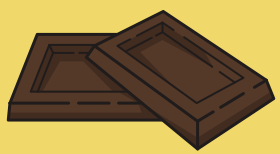
When under stress, our bodies tend to crave a lot of what is called "hyper-palatable" foods. These are foods that are high in sugar, salt, fat, and carbs, and often highly processed. These give us quick calories and the psychology is tied to our survival instincts and comfort-seeking. But binging on junk is not just bad for our physical health, but can also be negative for our emotional state. As you can safely get different snacks, here are some suggestions



A Handful of Nuts - Nuts, especially almonds, are a great source of energy and can boost mood



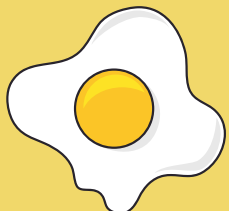
Carrots & Hummus - Protein, vitamins, and fiber = a well balanced snack



Dark Chocolate - Quality dark chocolate is full of antioxidants and energy, just keep your portion small



Bananas & Peanut Butter - The peanut butter adds protein and healthy fat to keep your sugar from spiking



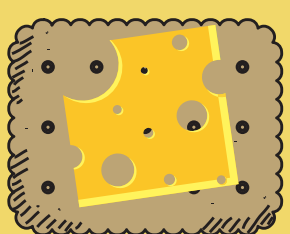
Eggs - Cook them tons of ways, hard boil and save for later and add hot sauce



Enriched Rice - Uncle's Ben's Ready Rice is easy to cook with a lot of nutrients



Rotisserie Chicken - Get a whole chicken and pull it apart and save in bags or containers. It's great hot or cold and add to other dishes



Crackers & Cheese - Choose whole wheat like Triscuts or Wheat Thins, or nut crackers like Nut Thins with hard cheese for a satisfying pick-me-up

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