

Snacking and its impact on metabolism

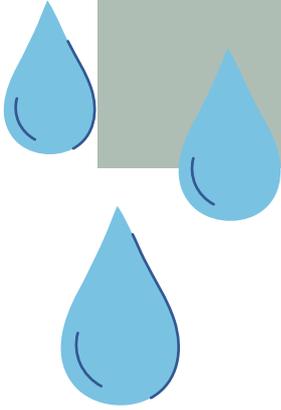


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**STRONG
PARTNERS**

Why is hydration important?



- **Water and electrolytes are extremely important for a lot of processes in your body that keep you healthy**
- **Choose a good mineralwater especially when it's warm outside or when you're doing sports (containing: 150mg calcium, 50mg magnesium, 600 mg hydrocarbonate)**
- **Pimp your water** with nutrients from basil, rosemary, mint, lemon, oranges, cucumber
- **30- 40 ml** per kilogramm bodyweight per day is the optimal amount of water
- **Too much water a day can flush out nutrients so observe your thirst**
- **With good hydration you are more fokussed and have better physical performance**
- **When you drink enough your activity of the kidneys is higher and digestion is improved so that your body can get rid of harmful substances**

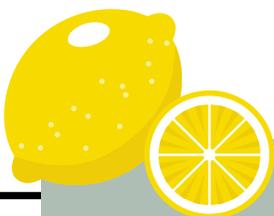


Hints for better hydration

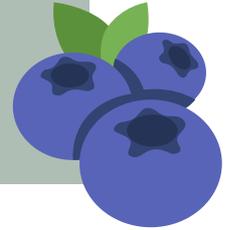
Small changes and reminders in your daily life can help you to stay hydrated and feel fresh.



- ...in summer you can make yourself **iced tea** when cooling unsweetened fruit tea and pimp it with ice cubes
- ...eat a lot of **watery foods** like vegetables or fruits for example cucumber and watermelon
- ...avoid sweetened beverages like Cola and juice and instead pimp your water with slices of lemon and oranges
- ... when **juice** mix it with water (1:3)
- ... **refill** your glass directly when it is empty
- ...in the morning fill yourself **two big bottles of water** that have to be empty at the end of the day
- ...drink a glass of water directly after you woke up **in the morning** to activate your metabolism
- ...always take a **bottle of water** with you when you go out for sports, a walk, bike ride...



Hints for better snacking



When we are stressed or haven't eaten enough during the day we often crave for unhealthy snacks in the evening. These hints can help you to avoid frequent snacking or choosing the right options.

- ...take yourself time to eat your meals **mindfully** on a **regular basis** and avoid **distractions** from watching TV or reading e-mails
- ...good **hydration** with water prevents you from cravings, sweetened beverages promote them
- ...try to give your body **3-5 hours** without a snack to digest and regulate your blood sugar
- ...declare your afternoon or evening **free from unhealthy snacks and sweets**
- ...when eating outside choose a **sugarfree/-reduced dessert** like curd with strawberries
- ...avoid **buying** unhealthy snacks and sweets and instead always have some healthy snack at home for cravings



Snackguide

To take with you:

- **fruits (apple slices, watermelon, banana)**
- **small hand full of nuts (Studentenfutter, unsalted nut mix)**
- **muesli bar without added sugar**
- **rice/corn waffles with hummus**
- **whole wheat bread with low-fat cheese**
- **shakes**
- **dark chocolate (80%)**
- **Apple sauce without added sugar**



At home:

- **yoghurt oder low-fat curd with frozen berries**
- **whole-wheat wrap with vegetables and hummus**
- **vegetable sticks with curd-dip or hummus**
- **boiled egg on toasted whole-wheat bread with avocado**
- **Bircher Müsli**
- **tomato with mozzarella**



Healthy Snacks

Bircher Müsli

2 portions:

100g oats

50g flaxseeds

250ml water

200ml plantbased milk

30g nuts

15g dates or raisins

1 apple

1 pear

2 tbs lemonjuice

20g honey



Green-Smoothie

spinach

kale

frozen mango

frozen banana

oatmilk



Toppings: as a smoothie bowl you can pimp it with blueberries, walnuts and flaxseeds