

Snacking with added value

Whether in the office, working from home or in the field – Snacks play an important role in our diet and can help us maintain high performance levels throughout the day.

It's the nutrients that count

Sugar, fat, lots of calories and almost no vital substances: However practical fast food or ready meals might be, they tend to contain very few valuable nutrients. It doesn't have to be this way: Healthy snacks can supply healthy ingredients, help avoid fluctuating blood sugar levels and keep you feeling full for longer.

Bursting with health

Quark, yoghurt, pulses or hard-boiled eggs all provide protein. The complex carbohydrates in wholemeal bread, noodles and pasta, potatoes or unsweetened muesli prevent you getting peckish. Fruit and vegetables, e.g. sliced into sticks, are full of vitamins while salads served with a home-made dressing containing vegetable oil have good fats to offer. Nuts and seeds are a valuable source of energy.

Mindful snacking

Anyone with a sweet tooth should take time to savour snacks. This way you'll appreciate their flavour and aroma far more intensively. Preferably right after a main meal. That's easier on blood sugar levels than constantly reaching for a sweet snack.

Good planning is half the battle

Plan your snacks and meals beforehand and give them some structure. The following questions can help you here: What does the staff canteen offer on different days? Can I agree to meet up with other people? Suppose I make something at home and take it with me? Who will also be eating in the break room?

