What Snack Food is Healthy?

Provided they’re healthy, snacks are a vital part of our daily diet. They provide us with the energy we need in-between meals and help to keep hunger at bay. The question is, what counts as a healthy snack?

Here, you’ll discover what snack food is healthy and which snacks to avoid.

Apples

You probably already know that apples are great for the health. As children, many of us were told “an apple a day keeps the doctor away” and it’s actually a very true statement. However, you may be surprised just how many benefits apples provide.

Did you know for example, that they can give you whiter, healthier teeth? Although you definitely won’t want to ditch the toothbrush, apples will help to limit the amount of bacteria in the mouth and reduce tooth decay.

Most impressive however, is the illness and diseases prevention qualities of the fruit. Apples can reduce the risk of conditions such as Alzheimer’s and Parkinson’s disease. They can also help to prevent cancer.

Grapes

If you’re looking for a sweet, juicy treat, grapes are definitely recommended. While all varieties are good for you, purple and red grapes tend to contain the biggest health benefits. That’s because they contain something known as Resveratrol.

While researchers are still determining exactly how beneficial Resveratrol is, it is known to protect the heart, aid in weight loss, reduce the risk of skin cancer and improve brain function.

Tuna

Sometimes all you want is a savory snack and there appears to be very few healthy options out there. Tuna is typically considered more of a lunch than a snack. However, due to its high protein and healthy fat content, it can actually make a fantastic snack option.

You don’t need to use the full can, just half a can spread over wholegrain crackers, will help to fill you up. It’s known to lower blood pressure, aid in development and growth, improve heart health and increase energy levels.

Pretzels

Now, it’s worth noting that not all pretzels are healthy. The pre-packed store-bought pretzels, particularly the flavored variety, can contain an exceptionally high salt and fat content. However, wholegrain pretzels are a healthy snack option and they provide plenty of great benefits.

They’re naturally low in fat, containing approximately just 3g of fat in every 100g serving. The majority of this fat content is also healthy fats, which are known to be awesome for the heart.

Pretzels are also a great source of fiber, helping to keep the digestive system healthy. Just remember to choose wholegrain or unsalted pretzels if you want to benefit from it’s health-boosting properties.

Dates

Dates are one of the oldest snack foods in existence and they’re super-healthy for the body. Its main nutrients are potassium, copper and fiber. The only thing to be aware of is they are naturally very high in sugar. So, they really do need to be eaten in moderation.

The fiber content is what produces the most benefits. It helps to improve your digestive health, cleaning the gastrointestinal system and promoting regular bowel movements. This can be crucial in the prevention of colon cancer and hemorrhoids.

Peanuts

Peanuts have long been a firm favorite in the nut family. However, they’re often enjoyed salted or flavored in some way. If you want to get the true benefits from peanuts, you’re going to need to make sure you eat them raw.

These nuts are especially high in energy, and contain good levels of healthy fats. They’re also a good source of the resveratrol, polyphenolic antioxidant, which really helps to fight off various forms of cancer.

Which snack foods should be avoided?

So now you know which snack foods are considered to be healthy. Which ones should you be avoiding?

Besides the obvious cakes, biscuits and chips, granola bars are one snack you’ll want to avoid. This is because most tend to contain really high levels of sugar. They’re not as healthy as you think they are!

The above are just a small selection of snack foods that are healthy. It’s best to eat a variety of different snacks if you want to gain the most health benefits. Most require zero preparation too, so they’re great to eat on the go.