

SNACKING FOR SUCCESS



What Does Balance Really Mean?

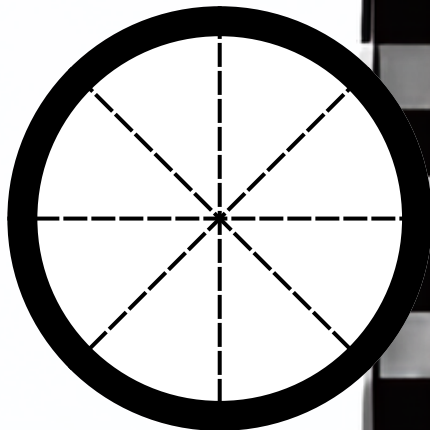
- ➔ Eating foods from all food groups.
- ➔ Snacking between meals when you're hungry.
- ➔ Stopping when you're satisfied.
- ➔ Including fruits and vegetables regularly.
- ➔ Enjoy treats without guilt.

These healthy habits help create healthy relationships with foods and eating!

Over **80%**
of Trent University
students experience
some form of food
insecurity.

Make Your Own Plate!

Decide the portions of what
food groups go on your plate!



Smart Snacking Habits

Pair your
treats with
nutritious
foods

Honour
your food
cravings if
you can

Drink water
with meals
and snacks

Snack in
between
meals if
you're
hungry

Eat meals
with your
friends

Having a positive relationship
with food can reduce stress and
improve your mental health and
overall wellbeing.

Being energized by food helps
with motivation and can improve
memorization and recall.

Hydration is also very important!
Our brain is approximately 60%
water, so staying hydrated can
support cognitive performance.