

Healthy Snacks

Dr. Uche Odiatu shares tips and recommendations on how snacking can help dentists stay healthy during the busy clinical day.

FRONT LOAD

During a busy day at the office it can be easy to turn to comfort eating and consume whatever food is in front of you. By preparing healthy snacks ahead of time and keeping them accessible at the office you will encourage better discipline and be less likely to resort to comfort foods.

VARIETY

The human body thrives on variety. The more diverse your diet and the more food choices you have, the more varied the species of beneficial bacteria in your biome. This can help to slow down ageing, improve metabolism, improve insulin sensitivity, and strengthen the immune system.

SNACK RECOMMENDATIONS

NUTS

Nutritionally dense, nuts are an excellent source of protein and are full of fibre. Whilst they are high in calories, studies show that nuts do not cause weight gain. They do not require preparation, are very satisfying and can suppress the appetite for several hours.

PLAIN YOGHURT

Yoghurt is a fermented food and therefore very good for the biome. Combined with fruit and nuts it can become a whole meal in itself.

FRUIT

Studies show that 4 million deaths worldwide could be prevented if people ate more fruit in their diet. Eating blueberries increases antioxidant activity in the blood. Apples and bananas are filled with energy and fibre.