

What to Eat When You're Hangry



Feeling "hangry" (hungry + angry) is a common experience for many of us. It's that intense hunger that leads to irritability and mood swings. Read on for hangriness hacks that will surely prevent you from snapping at your sweetie or losing focus on that all-important task.

The most important strategy is having healthy food on the ready. Preparing nutritious snacks in advance ensures that you have something satisfying to munch on without the added stress (and surplus hunger) of prep time or needing to run out for food.

The best hanger-busting foods are those that give you quick energy without a subsequent crash. Think of combinations of complex carbohydrates, protein, and healthy fat for lasting energy and satiety. The goal is not only to satisfy your hunger but also stabilize your blood sugar levels, preventing another hangry episode.

In addition to choosing the right snacks, staying hydrated is crucial. Sometimes, feelings of hunger are actually thirst in disguise. Keep a water bottle handy and sip regularly throughout the day to keep hangry feelings at bay.

Hangry-Relief DIY Snack Ideas:

- Whole-grain toast with avocado and a boiled egg
- Warmed up corn tortillas rolled with black bean dip and dipped in salsa
- Cottage cheese with pineapple chunks or other fruit
- Apple with peanut butter
- Raw veggie sticks with yogurt-based dip
- Roasted chickpeas
- Low- or no-sugar cereal with almond or oat milk and raisins
- Pistachios and an orange

No access to a fridge or kitchen? No problem – here are some shelf-stable options to store in your bag or desk drawer for those moments you need instant hanger relief.

- Baggies of pre-portioned trail mix with nuts, dried fruits, and a sprinkle of dark chocolate chips
- Protein or granola bars with at least 3 grams of fiber and less than 5 grams of added sugar
- Air-popped popcorn
- Pepitas (shelled pumpkin seeds)
- Crunchy roasted edamame or other packaged bean snacks
- Whole grain crispbread with peanut butter (try the single serve nut butter packets)
- Seaweed snacks

Keep in mind – it doesn't take much to ward off hangriness. Take it slow, enjoy a few bites, and wait for your body to register fullness before gobbling up more than your body needs to carry you through the next hour or two.

Happy snacking!

Trailblazer Mix



Keep this high fiber, low sugar, nutrient-packed trail mix in your bag for your next snack attack!

Ingredients:

- 1/2 cup walnuts
- 1/2 cup pepitas (shelled pumpkin seeds)
- 1/4 cup dark chocolate chips
- 1/4 cup unsweetened dried cranberries

Instructions:

Toss all ingredients together in a bowl. Divide into 4 little containers or bags for easy portion control.