

# PALO PINTO GENERAL HOSPITAL

*PPGH's Health  
Promotion Program*

*Week 6*

Palo Pinto General Hospital  
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## Snacking

Those hungry munchies can quickly derail the benefits of healthier eating.

1. Make sure you eat healthy meals and snacks regularly to avoid end-of-day hunger. Always eat breakfast. But don't overdo it.



2. Opt for 30 grams of protein at each meal, and add fiber. Women should have 25 grams of daily fiber and men should have 38 grams.

3. Don't eat while you watch TV, play video games or work on the computer.



4. Ask yourself if you're really hungry or just eating out of boredom.

5. If you're hungry, opt for a healthy snack, such as an apple.

