

Are You becoming "Snackadaisical"?

The Athlete's Guide to Healthy Snacking

Snackadaisical: When Training Hard Turns Into Snacking Harder

I love my snacks. Truly. They get me through long days, long runs, long everything. But somewhere between "a little something to tide me over" and "why is this bag suddenly empty," things can get… snackadaisical.

Snackadaisical = snacking + lackadaisical. It's that laid back, not really-paying-attention vibe that sneaks in when you're training hard, tired, hungry, or just grabbing whatever's closest. And honestly? It happens to all of us.

But here's the thing: when you're putting in the miles, your snacks matter. Sugar and sodium creep up fast, and suddenly your "fuel" is working against you instead of for you.

Let's break it down KickOn style — simple, real, and actually useful.

Sugar: The Sneaky Snack Ninja

Added sugar is everywhere — bars, yogurts, drinks, "healthy" snacks that look innocent until you flip the label.

Daily added sugar guidelines:

- **Women:** 25g
- **Men:** 36g
- **Kids:** 12–25g

For context:

- **Soda:** ~39g
- **Flavored yogurt:** 15–25g
- **Granola bar:** 10–15g

Training hard doesn't mean you need more sugar — it means you need smarter sugar. Natural sugars (fruit, dairy) are fine. Added sugars are the ones that pile up when you're not paying attention.

Sodium: The Quiet Creep

Salt is the other snack saboteur. Chips, crackers, popcorn, pretzels — they all seem harmless until you realize you've eaten three servings without blinking.

Daily sodium guidelines:

- **Adults:** <2,300mg
- **High risk groups:** ~1,500mg

One serving of chips? 150–250mg. Three servings? 400–700mg — and that's just the snack, not the meals.

Sodium hides in places you wouldn't expect: bread, peanut butter, instant oatmeal, cheese crackers. It's worth checking the label once in a while.

Are You Snackadaisical?

If any of these sound familiar, welcome to the club:

- You snack because it's there, not because you're hungry.
- You never check the label.
- You eat snacks like they're "free calories."
- You snack while scrolling or watching something.
- You crash mid afternoon and fix it with… more snacks.
- Your snacks rarely include protein or fiber.

No shame — just awareness.

Your Snack Check Up

1. Track your snacks for three days

Not to judge — just to see what's actually happening.

1. Check your top five snack labels

Targets:

- **Added sugar:** under 8g
- **Sodium:** under 300mg
- **Serving size:** actually one serving

1. Know your triggers

Hunger, boredom, stress, habit — each one needs a different fix.

Swap smarter, not stricter

Easy swaps:

- Chips → air popped popcorn
- Flavored yogurt → plain Greek + fruit
- Bars → apple + nut butter
- Soda → sparkling water

Build snacks that actually satisfy

Protein + fiber + healthy fat = fewer crashes. Try:

- Cheese + whole grain crackers
- Hummus + veggies
- Nuts
- Hard boiled egg + fruit

Kick On Final Thought

Snacks aren't the enemy. Mindless snacking is. Training hard means fueling smart — and that starts with paying attention to what's in your go tos and why you're reaching for them.

One swap. One label check. One honest moment of "am I actually hungry?" That's all it takes to stop being snackadaisical.