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# Five expert snacking tips to avoid getting 'hangry'

BRITISH SNOWBOARDER KATIE ORMEROD TALKS TO LAUREN TAYLOR ABOUT HER REMARKABLE COMEBACK FOR THE BEIJING WINTER OLYMPICS AFTER A FREAK ACCIDENT

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While the word itself was only added to the Oxford English Dictionary in 2018, feeling 'hangry' is an age-old problem.

That specific combination of hunger and anger – the kind that can only be cured by devouring food, glorious, food – is enough to turn even the most sweet-tempered person into a raging monster.

According to a new survey from WW (Weight Watchers), 86% of people experience being 'hangry', with 34% saying they think about food more when they're on a calorie controlled or restrictive diet. But why does hunger produce an emotional reaction in so many of us?

"Similar to when people feel easily irritated when they have low energy due to lack of sleep, the lack of fuel from food can make you feel irritated and tired," says Life sum nutritionist Signe Svanfeldt. "All individuals are different. Some are more sensitive to the feeling of hunger, while others aren't as affected." The good news is there are lots of ways to keep the feeling at bay without falling off the healthy eating bandwagon...

## 1. Stock up on frozen fruit

"Frozen fruit and vegetables are quick, nutritious, cost-effective options to have on standby," says GP and health coach Dr Helen Lawal. You can buy bags of mixed berries that defrost quickly at room temperature or with a quick blast in the microwave, or you can add them frozen to smoothies. She adds: "They go great with yoghurt, ice cream or stirred into porridge."

## 2. Make sure meals are balanced

"Balanced meals make you feel fuller for longer and provide you with the nutrients needed to fuel your body," says Signe, which is why it's best to avoid carb-heavy dishes and ensure you get a good mix of "dietary fibres, healthy unsaturated fat and protein".

Dr Lawal says: "Don't fear unsaturated fat. The likes of avocados, nuts, olive oil, and oily fish have benefits and can make meals more satisfying."

## 3. Double your dishes

While you're rustling up a balanced meal or healthy snack, double the portion size and save it for later, Dr Lawal recommends. "Keep a stock in the fridge for hangry moments when you're tempted to reach for the biscuit tin."

## 4. Bulk up with beans

Another way to feel sat is ed for longer is by adding pulses such as kidney beans, chick peas or lentils to recipes.

"Keep your store cupboard stocked with a variety of tinned beans," says Dr Lawal. "Packed with protein and llingbre, add to whatever meal you're already cooking from curries to stews."

## 5. Bring your own snacks

Do you often succumb to sugary impulse purchases when you're out and about? Signe says: "If you know that you'll be on the run, make sure to always bring a nutritious snack in your bag so you have it available when the energy drops."

## 5. YOU WOULDN'T LIKE ME WHEN I'M HANGRY: Counting calories can lead to irritability

WHEN snowboarder Katie Ormerod was lying in a hospital bed four years ago, being told she'd need to learn to walk again – Beijing 2022 seemed a long way off.

Having secured a place in the Olympic team, Katie had slipped during a practice trick, breaking her heel in two places just days before the last winter games, PyeongChang 2018.

"I didn't realise it was possible to feel that much pain," says the 24-year-old. "It was a freak accident. I just slipped off a rail early, nothing crazy or dangerous or any thing. And it must have just been a particular angle that I landed on."

Medically though, it was complicated. After six operations, including skin grafts and procedures to help her heel produce new tissue, it was four months before Katie starting to walk again.

"I'd always assumed I would get back to snow boarding," says the Red Bull Athlete, who will compete in the Women's Slope style and Women's Big Air events for Great Britain in Beijing. "But around nine months in, I started to get a little bit worried. It was really men tally challenging at that point, because I was physically the strongest I've ever been but I couldn't walk without a horrific limp – I was in so much pain.

"I knew if that pain didn't go, I wouldn't be able to snowboard again. Every day in the gym was like a day closer to getting back on my board. And I just really focused on the tiny little wins, because that really helped me get through it. I told myself I'd do whatever it takes to get back to snowboarding, even if it took years."

And thanks to that mental and physical resilience, a year later she was back on her board.

"When I took my first turn, and I couldn't feel any thing, I knew that I'd done it," adds Katie – who was competing again after 18 months.

Remarkably, that season she went on to have five World Cup podium spots, got her first yellow bib (for leading the world rankings) and became Britain's first snowboard Slope style Crystal Globe champion.

"I came back and I was actually better than before! I had the best season of my career. To go through a year's worth of rehab and come back and do that, it just made it so much sweeter.

"Going through injuries like that, I now know I can handle whatever life throws at me."

Katie is no stranger to momentous achievements. At 15, she became the youngest girl to land a double back flip on a snowboard, and more remarkably (after narrowly missing out on the Sochi 2014 Winter Olympics) at age 16, in the middle of her GCSE exams, she became the first female in the world to land the difficult backside double cork 1080.

"That really cemented my name in women's snowboarding globally," she says. "I started getting invitations to all the big competitions –that was a big breakthrough moment."

Naturally, she wants to downplay her medal hopes for Beijing, but is widely tipped for a possible podium place.

"I'm actually going in with a different mindset, I just want to be able to land the best run I can possibly do on the day, and I can't ask for any more of myself than that. Hopefully, a result will come with that, but obviously an Olympic medal would be really nice.

"I'm in a really good headspace and mentally strong right now," she continues. "I feel really lucky that I'm even able to snowboard, never mind qualify for another Olympics."

She won't know what tricks she'll do on the course until she arrives in Beijing but says a front double nine (a double somersault with 180-degree rotation) is probably the most difficult she could try. So watch out for that.

Having learned to ski at age three and to snowboard at five at her local dry slope in Halifax, Katie, from West Yorkshire spent her childhood going there as often as possible after school and at week ends. She was a gymnast too – "those go hand-in-hand, so I just started to progress really quickly," she says.

It was the "adrenaline and sense of freedom" that she fell in love with. "I love the creativity that you have going off a jump, you can do anything you like, there are no set rules in snow boarding. It's that sense of flying as well when you get off a jump – I absolutely love that." So what does it take to be a pro boarder? "I'm really conscious about what I put into my body, I'm very healthy. Because we train at really high altitudes, it's important I get enough energy to get through the training day because you burn calories so fast, so I eat a lot of carbohydrates, vegetables, dairy and nuts – I'm a vegetarian." Training takes her to mountain ranges all over the world, depending on the season. Around six hours of snowboarding would be followed by a gym session and stretching in the evenings. When Katie is not in the snow, she's working just as hard in the gym and on dry land.

She never stays still for long. "I can stretch every day, I'm really into that," Katie says with a laugh. "Running as well – I want to keep in shape and keep healthy and I feel it's good for your mind to run. "Mental health is super important to look after; I do a lot of journaling, I try to journal every day, that really works for me."

Perhaps surprisingly, given it's her job, she finds snow boarding a great way to switch off from the outside world too. "When I go snow - boarding, I don't have my phone on me – it's just me and the mountain. You're constantly around nature. I can just focus on what I'm doing and everything else around me is a blur."

■ Catch Katie Ormerod competing in the Women's Big Air on February 14 on the BBC and on Eurosport  
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