

HEALTHY SNACKS

Snack smart:

Combine a protein and carbohydrate food to create a snack that will keep you full and satisfied.

Protein:

Yogurt
Cheese
Nuts and seeds
Peanut butter
Cottage cheese
Hard-boiled egg

Carbohydrate:

Whole grain cereal
Whole grain crackers
Fruit
Popcorn
Raw vegetables
Raisins

Fill the gap with snacks!

Consuming healthy snacks throughout the day can...

- Help you meet daily nutrient needs.
- Refuel your body and keep you full between meals.
- Provide extra energy and nutrients during a busy day.

Be an informed snacker:

- Choose fruits or vegetables to get a nutrition boost.
- Moderation is key to smart snacking.
- Look at the Nutrition Facts label on packaged foods to find the serving size and ingredient list.
- Beware of advertising - all-natural, organic, or multi-grain doesn't always mean nutritious.

Improve your snack game by making healthy swaps:

Choose this

- ✓ Pretzels, popcorn, or whole grain crackers
- ✓ Fresh, canned, frozen, or dried fruit
- ✓ Water, low-fat milk, or 100% fruit juice
- ✓ Yogurt or pudding
- ✓ Peanut butter and apples

Instead of this

- ✗ Chips
- ✗ Fruit snacks or candy
- ✗ Soda and other sweetend drinks
- ✗ Ice cream
- ✗ Candy bar