

BUILDING A *Healthy* SNACK



A healthy and satisfying snack should include two food groups, ideally a combination of a protein (meat, dairy, nuts, beans, or seeds) and a carbohydrate (fruits, whole grains, or vegetables). Protein helps you feel full, while carbohydrates provide energy. Choose low-fat dairy products and foods lower in sodium and added sugars; watch portion sizes for a balanced snack.

PROTEINS

- Cheese stick
- Nuts or seeds
- Nut butter
- Hummus
- Egg
- Deli meat
- Yogurt or yogurt-based dips
- Milk or non-dairy milk
- Roasted edamame or lentils
- Cottage cheese
- Tuna pouch
- Jerky

EXAMPLE IDEAS

- Hard-boiled egg and cucumber slices
- Celery and peanut butter
- Banana and a handful of mixed nuts
- Yogurt and granola
- Cheese and whole wheat crackers
- Carrots and hummus
- Grape tomatoes and string cheese
- Trail mix made with nuts, seeds, and dried fruit
- Cottage cheese and fruit
- Smoothie made with Greek yogurt and frozen fruit
- Rice cake and peanut butter
- Tuna and whole grain crackers
- Mini bell peppers and guacamole

CARBOHYDRATES

- 1 piece of fruit: apple, banana, orange, kiwi
- 1/2-1 cup of fruit: melon, pineapple, berries
- Fruit puree, such as applesauce, or fruit leather
- Vegetables: carrots, cucumber, celery, bell pepper, grape tomatoes, snap peas, broccoli
- Bread, toast, English muffin, mini bagel, or tortilla
- Popcorn
- Crackers
- Cereal or granola
- Rice cakes
- Salsa or guacamole
- Dried fruit

