

# HEALTHY SNACKS

## Snack smart.

Combine a protein food and a 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 multigrain 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