How to Make a Healthy Snack



1 + 1 = 2



Try adding TWO of your favorite snack items together from <u>different</u> food groups



Have you ever tried:

- A BANANA + PEANUT BUTTER?
- Some YOGURT + GRANOLA?
- Sticks of CELERY + ¼ cup ALMONDS?
- A CHEESE STICK + an APPLE?
- Some PRETZLES + glass of MILK?





Let's Go!



When you are in a rush to grab a snack, remember these healthy "on the go" snacks:

- Whole pieces of fruit
- Cheese stick
- Yogurt
- Dried fruit
- Nuts like peanuts or almonds
- Whole wheat crackers
- Carrot Sticks



After School Ideas



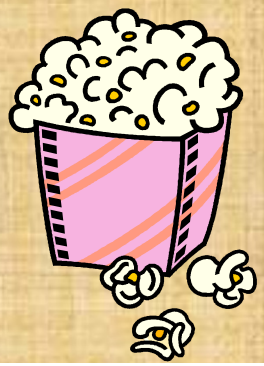
- Fruit smoothies – Blend your favorite fruits with yogurt and milk
- Peanut Butter and Jelly on whole-wheat bread
- Yogurt with some sliced fruit
- Fresh veggies with low-fat Ranch dip



More Snack Ideas



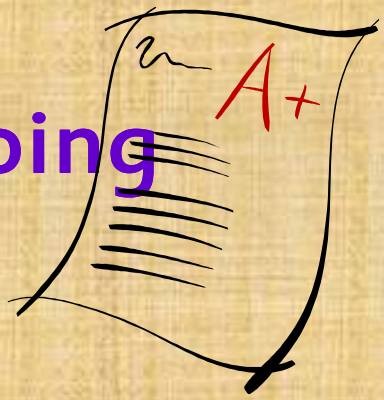
- Hard boiled eggs
- Low-fat Popcorn
- Raisins
- Hummus with carrot sticks
- Veggie and cheese quesadilla
- Cereal with milk
- Trail Mix



Why Eat a Snack?



A snack can:



- Help you stay focused when doing your homework
- Keep you full until lunch or dinner time
- Give you energy during the day
- Help you play your favorite sports

