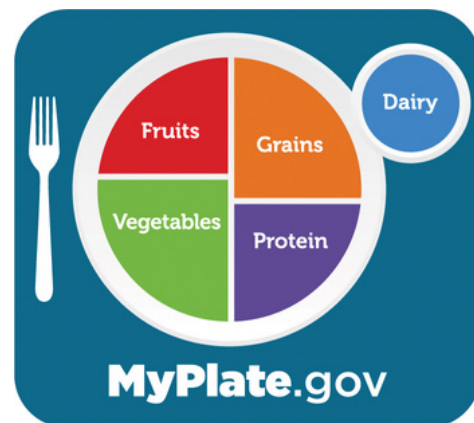


# HEALTHY SNACKING

Healthy snacks can help you get the energy and nutrition you need in a day. Snacks should contain foods from at least 2 **MyPlate food groups** (**vegetables**, **fruits**, **grains**, **protein**, and **dairy**). For example, pair fruits or vegetables with protein, dairy, or grains for a healthy snack that will keep you full.

## Tips for Snacking

- Add healthy snack ingredients to your shopping list.
- Pre-portion snacks into small containers or bags to take with you to work or while running errands.
- Be mindful of snacking while in front of the TV, computer, or smartphone.
- Choose from a variety of fruits and vegetables weekly to keep your snacks nutritious and interesting.



## Try some of these healthy snack ideas.



Low-fat yogurt with berries



Carrots & hummus



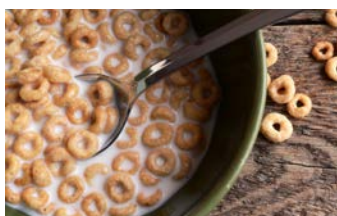
Apples & peanut butter



Low-fat cheese & grapes



Low-fat cottage cheese with pineapple



Whole grain cereal & low-fat milk



Whole wheat crackers & low-fat cheese



Avocado on whole wheat bread



Nuts or seeds & fruit



Hard-boiled eggs with whole grain bread or corn tortilla



Cherry tomatoes with low-fat mozzarella cheese