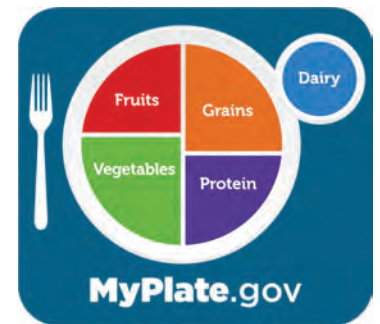


# NUTRITION TO GO

## Healthy Snacking

A healthy snack can provide you with the energy and nutrition you need in a day. Mixing foods from different food groups will help you stay fueled between meals and keep you feeling full. A snack should contain foods from at least 2 MyPlate food groups (**vegetables**, **fruit**, **grains**, **protein**, and **dairy**).



### 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 & **pineapple**



**Whole grain cereal** & low-fat milk



**Whole wheat crackers** & low-fat cheese



**Avocado** on whole wheat bread



**Nuts or seeds** & fruit



**Hard-boiled egg** with whole grain bread or corn tortilla



**Cherry tomatoes** with low-fat mozzarella cheese

## Tips for Snacking

- Add healthy snack ingredients to your shopping list.
- Pre-portion snacks into small containers or bags to take with you to appointments 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.



## Yogurt Parfait

Servings per recipe: 1  
Serving size: 1 parfait

Prep time: 5 minutes  
Cost: \$1.09 per recipe

Cook time: 0 minutes



### Ingredients

- 1 cup low-fat vanilla yogurt
- ½ cup chopped fruit (fresh or frozen berries, banana, or peaches)
- ¼ cup whole grain cereal or granola

### Directions

1. In a small cup, spoon in half of the yogurt.  
Layer half of the fruit in next.
2. Spoon in the rest of the yogurt, then the rest of the fruit.
3. Top with the cereal. Enjoy!

Did you know?  
A yogurt parfait makes a great breakfast, dessert, or mid-day snack!

More recipes can be found at: <https://web.uri.edu/community-nutrition/recipes/>