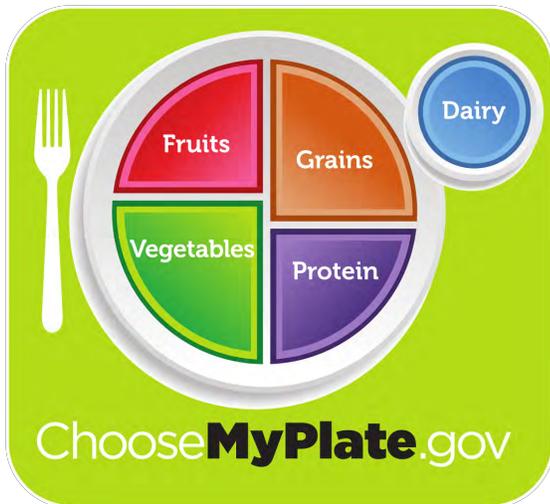


# NUTRITION TO GO

## Healthy Snacks for On-The-Go

### What is a Healthy Snack?

A healthy snack is a snack that has at least 2 different food groups (dairy, fruits, vegetables, protein, and grains).



### What are the Benefits of Healthy Snacks?

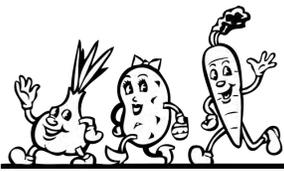
- Mixing foods from different food groups will help you get the **nutrition, fiber, and energy** you need throughout the day.
- Staying fueled between meals will keep you from being too hungry, which can lead to overeating at meals.
- Healthy snacks allow you to get extra **vitamins and minerals** during the day.

### What are Some Healthy Snacks for On-The-Go?

Snacking can be hard when you are always on the go. Here are some simple ideas that you can prepare ahead of time or even grab and take with you:

- ☺ ½ cup cucumber slices and 1 tablespoon (tbsp) **hummus dip (see recipe on the back)**
- ☺ ½ cup cottage cheese and ½ cup crushed pineapple
- ☺ 5 oz yogurt and ½ cup of berries
- ☺ 6 whole wheat crackers and a slice of cheese 
- ☺ About 17 pretzels and 2 tbsp. peanut butter
- ☺ ½ cup apple slices and 1 small handful of sunflower seeds
- ☺ 1 hard boiled egg and 1 mini whole wheat bagel
- ☺ ½ cup tomato and 1 slice of cheese
- ☺ About 10 whole grain tortilla chips with 2 tbsp. salsa
- ☺ ½ whole wheat pita bread with 2 tbsp. hummus dip
- ☺ ½ cup pepper strips and 2 tbsp. **ranch dip (see recipe on the back)**
- ☺ 1 small whole wheat tortilla and 1 tbsp. shredded cheese

**\*Reminder: snacks are not meals, so keep portion sizes small.**



# Healthy Snacks for On-The-Go

Snacking can be easy, but *healthy* snacking can be hard. Here are two quick & easy recipes that taste great with fresh vegetables.

## Hummus

Makes 8 servings (3 tablespoons each)

### Ingredients

- 1 15-ounce can garbanzo beans (also called chick peas)
- 1 clove garlic
- ¼ teaspoon salt
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 3 sprigs fresh parsley



### Directions:

1. Open the garbanzo beans. Drain and save the liquid from the can.
2. In a food processor or blender, combine garbanzos, garlic, salt, oil, lemon juice, and parsley. Blend, gradually adding some of the bean liquid until dip is thick and creamy.
3. Serve with pita bread, carrot sticks, or other cut-up vegetables.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>3 tablespoons</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 96mg	<b>2%</b>

**Hummus is made from garbanzo beans, making it part of the PROTEIN group. Protein helps to keep your muscles strong!**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Creamy Ranch Dip

Makes 8 servings (2 tablespoons each)

### Ingredients:

- ⅓ cup low-fat mayonnaise
- ⅓ cup nonfat plain yogurt
- ¼ teaspoon dill weed
- ½ teaspoon celery salt



### Directions:

1. In a small bowl, stir together the mayonnaise, yogurt, dill, and celery salt. Blend until creamy.
2. Serve with baby carrots, celery sticks, cucumber slices, cherry tomatoes, or any other fresh veggies.

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>2 tablespoons of dip (26g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 8mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Money-Saving Tip:** Pre-cut produce costs more. Save money by cutting up your own fruits and vegetables.