

HEALTHY SNACKING TIPS



BUILD YOUR OWN

Make your own snack mix with unsalted nuts and add-ins such as seeds, unsweetened cereal, raisins, or other dried fruit and plain popcorn.



PREP AHEAD

Wash and cut up fresh vegetables and portion them into reusable containers so they're ready to grab-and-go. Many veggies can be prepped like this.



MAKE IT A COMBO

Combine food groups to build satisfying snacks: yogurt and berries, apple with nut butter, or whole grain crackers with turkey and avocado. Be creative!



CHOOSE VIBRANT VEGETABLES

Colorful and crunchy raw vegetables are a healthy choice. Try dipping broccoli, zucchini sticks, or baby carrots in hummus, guacamole, or a low-fat yogurt sauce.



WASH & ENJOY

Fresh fruit makes a great go-to snack when you are looking for a quick sweet treat. Apples, pears, grapes, and bananas are always easy and fast.



KEEP HEALTHY OPTIONS HANDY

Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.

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