

Choosing a Healthy Snack

What YOU Should Know!

What Is a Good Snack?

1. Follows the Food Guide Pyramid
2. Looks and tastes great
3. Is fun to eat
4. Is convenient, quick, and easy to make
5. Is smaller than a regular meal

Things to Remember When Snacking

- Healthy snacks should be part of everyone's diet.
- Choose snacks that are **nutritious** and NOT filled with sugar and fat.
- Try not to shop when you are hungry or you will find yourself buying more groceries than you need.
- Choose healthy snacks to help you eat a balanced diet.

<i>Choose:</i>	<i>Instead of:</i>
Pretzels with peanut butter	Potato chips
Low-fat granola bar	Candy bar
Raisins or other dried fruit	Crunchy candies
Bagel with low-fat cream cheese	Donuts
Vanilla wafers or graham crackers	Cookies
Flavored yogurt or fat-free pudding	Ice cream
Fruit juice or skim milk	Soda and powdered drink mix

For a **HEALTHY** snack: think **OUTSIDE** the bag!

- Apple slices and graham crackers
- Skim milk and fruit "smoothie"
- Low-fat tuna salad on crackers
- Celery with peanut butter
- Carrots with low-fat dip
- Pretzels with peanut butter
- 100% veggie or fruit juice
- Grapes or raisins



Easy Snack Ideas

Banana Breakfast Drink

- 1 cup vanilla yogurt
- 1 banana
- 1/2 cup skim milk
- 2 Tbsp. frozen orange concentrate

Mash banana with fork and combine with other ingredients until smooth.

(calories 434, fat 4 grams, cholesterol 14 mg, sodium 226 mg, total carbohydrates 85 grams, dietary fiber 3.5 grams, sugar 78 grams, protein 18 grams)

**Breakfast
Snack
Idea**

Pizza Popcorn

- 2 Tbsp. Parmesan cheese
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 2 quarts air-popped popcorn

While hot, toss popcorn with other ingredients.

(calories 316, fat 7 grams, cholesterol 10 mg, sodium 237 mg, total carbohydrates 54 grams, dietary fiber 10 grams, sugar 2 grams, protein 14 grams)

**Evening
Snack
Idea**

Peanut Butter Crackers

- 5 wheat crackers
- 2 Tbsp. reduced-fat peanut butter
- 1 Tbsp. strawberry preserves, sweetened with juice

Spread peanut butter on crackers and top with preserves.

(calories 235, fat 13 grams, cholesterol 0 mg, sodium 260 mg, total carbohydrates 23 grams, dietary fiber 3 grams, sugar 10 grams, protein 10 grams)

**Afternoon
Snack
Idea**

Quesadilla Crispers

- 1/4 cup low-fat shredded cheese
- 1 flour tortilla
- 2 Tbsp. salsa

Cover half of tortilla with cheese and salsa and fold other side over.

Place quesadilla in medium-hot pan and grill until cheese is melted and tortilla is golden on both sides.

(calories 293, fat 7 grams, cholesterol 6 mg, sodium 656 mg, total carbohydrates 43 grams, dietary fiber 2.5 grams, sugar 1 gram, protein 13.5 grams)

**Evening
Snack
Idea**

Keep Your Kitchen Stocked With:

- Lowfat, whole-grain crackers
- Whole-wheat breads
- Raw vegetables
- Vegetable soups
- Fresh and Dried Fruits
- Canned tuna or salmon
- Nonfat or light yogurt
- Skim milk and fruit juice

**Don't forget to
BE ACTIVE
every day!**

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