

HEALTHY SNACKING FOR ALL AGES

It is important to enjoy snacks between meals during the day when hungry. Similar to a properly balanced meal, snacks should contain elements of protein, carbohydrates and fat. Follow steps 1, 2 and 3 to create a great snack!

01 Carbohydrate

Choose one or more

- Bread or tortillas
- Breakfast cereal
- Crackers
- Cookies, cakes or muffins
- Raw or canned fruit
- Popcorn
- Raw vegetables
- Fruit or vegetable juice

02 Protein

Choose one or more

- 2% or whole milk
- Yogurt
- Hard-boiled eggs
- Cheese
- Lunch meat
- Peanut butter
- Hummus
- Nuts or seeds

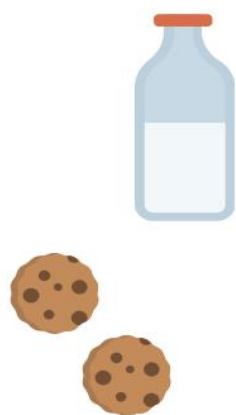
03 Fat

Optional

- Avocado
- Salad dressing
- Vegetable Dip
- Butter
- Cream Cheese

Snack Ideas

Cookies and Milk
Carrots and Hummus
Cheese and Crackers
Apples and Peanut Butter
Graham Crackers and Cream Cheese
Fruit and Yogurt
Bread and Butter
Cereal and Milk
Grapes and Cheese



When should I eat a snack?

Snacks should be consumed roughly 2-3 hours after a meal. The purpose of snacks is to prevent excessive hunger between meals and promote consistent energy.