

# Snacks

Nutritious snacks can be part of a healthy eating pattern. **A healthy snack:**

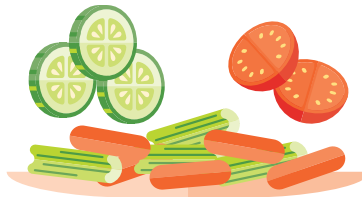


## Mix and Match foods from different food groups to create a Super Snack!



### Fruits

Apples, Bananas, Grapes, Berries, and Oranges



### Veggies

Carrot Sticks, Cucumber Slices, Cherry Tomatoes



### Protein

Boiled Eggs, Nut Butter, and Hummus



### Whole Grains

Whole Grain Crackers, Popcorn, and Oatmeal Bites



### Low-Fat Dairy

Yogurt, String Cheese, Cottage Cheese, and Milk

**For more information:** [www.greauxhealthy.org](http://www.greauxhealthy.org) [f/greauxhealthyPB](https://www.facebook.com/greauxhealthyPB)  
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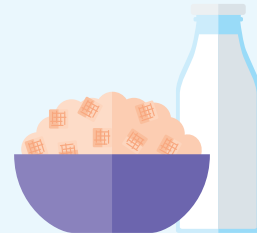
## Super Snack Ideas:



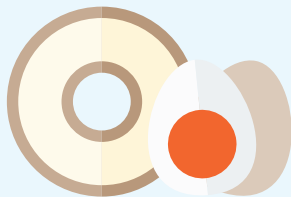
**Fruit + Protein**  
Apple With Peanut Butter



**Veggies + Protein**  
Carrot Sticks With Hummus



**Whole Grains + Dairy**  
Whole Grain Cereal With Milk



**Whole Grains + Protein**  
Half Whole Wheat Bagel With A Boiled Egg



**Fruit + Dairy**  
Peach With Cottage Cheese

## Make Super Snacks fun!

### Dip It!

Dip carrot sticks  
into hummus

### Roll It!

Roll banana  
slices and peanut  
butter in a whole  
wheat tortilla

### Mix It!

Mix oatmeal with  
peanut butter, honey,  
and dried fruit to  
make oatmeal bites

### Stack It!

Layer fresh fruit and  
low sugar granola  
between layers of  
low-fat yogurt



### Smart Snacking Tips:

- Eat snacks between meals—not too close to lunch or dinner.
- Drink water with your snack—skip the sugary drinks.
- Plan ahead for healthy snacks.
- Say no to snacks with too much sugar or salt.
- Listen to your body—skip the snack if you aren't hungry.

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