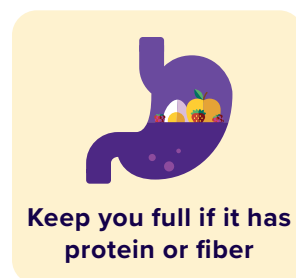


Super Snacks

Snacks can be part of a healthy eating pattern. Snacks can:



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

Fiber-Rich Foods	Both	Protein-Rich Foods
 <p>Fruits</p>	 <p>Nuts & Seeds</p>	 <p>Protein Foods</p>
 <p>Veggies</p>	 <p>Beans, Legumes & Hummus</p>	 <p>Low-Fat Dairy</p>
 <p>Whole Grains</p>		

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



Greek yogurt
and berries



Whole grain
crackers with
cheese cubes



Apple slices with
peanut butter



Carrot sticks
and hummus



Trail mix (cranberries,
almonds, pistachios,
dark chocolate chips)



Steamed
edamame



String cheese
and cherry
tomatoes



Baked tortilla
chips with
guacamole



Peach slices and
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.
- Plan snacks when meal planning for the week.
 - To save time, look for single-serving containers and packages of these foods in the store.
 - To save money, buy regular packages of these foods and divide into individual containers and bags at home.
 - To buy ready-made snacks, choose ones with at least 3 grams of fiber or protein and less than 10 grams of sugar.
- Listen to your body. Skip the snack if you aren't hungry.

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