

Easy and healthy snack ideas

- Spread peanut butter on banana or apple slices.
- Dip veggies such as carrots, sugar snap peas, cucumber, and cherry tomatoes into a low-fat ranch dressing or yogurt dip.
- Homemade trail mix with whole grain cereal, dried fruit, and nuts. Portion into plastic sandwich bags.
- Top low fat vanilla or frozen yogurt with crunchy granola and berries for a yummy parfait.
- Make snack kabobs with cubes of low-fat cheese and grapes on pretzels.
- Sprinkle Monterey-Jack cheese on a corn tortilla; fold in half and microwave for 20 seconds. Top with salsa.

Healthy Snacking

A snack is just fine if you have the right kind!

Why are snacks important for kids and adults? The right snack keeps up our metabolism, energy levels, and brain functioning during the day. A healthy snack is approximately 100 to 250 calories per serving, depending on your age and activity level, and contains a variety of sources from multiple food groups. Eating snacks are a great way to incorporate your recommended servings of five fruits and vegetables per day!

Make sure your snack is packed full of nutritious foods so that you can refuel and be active!



- Blend low-fat milk, frozen strawberries, and a banana for 30 seconds to make a delicious smoothie.

- “Ants on a log”
Spread peanut butter or low-fat cream cheese on a celery stick. Top with raisins.