Guide To Healthier Snacking

Fruit & Veggies Groups
- Any whole fruit
- 1/2 cup canned or frozen fruit
- 1/4 cup dried fruit
- 1/2 cup chopped vegetables
- 1/2 cup salsa
- 2 tbsp guacamole

*Choose frozen or canned fruits & vegetables with no sauce, no added-sugar, and not in syrup or heavy-syrup

Protein Group
- 1 oz cheese (1 slice or 1 string piece)
- 1 cup (8 oz.) plain yogurt
- 1/2 cup cottage cheese
- 2 tbsp hummus
- 1/4 cup unsalted nuts and/or seeds
- 2 tbsp nut butter
- 1 hard boiled egg

*Choose lower-fat dairy options

(Whole) Grains Group
- Whole grain crackers, pretzels, gold fish, bread, bagel, tortilla, cereal, etc.
- Rice cake
- Popcorn ("light" options have less salt & fat)
- Tortilla chips

*Choose products with at least 2g of fiber per serving

Mix & match the snack ideas from each box below:

Peach Slices
Raisins
Apple
Bell Peppers
Carrot Sticks
Broccoli Florets

Cheese Stick
Egg
Hummus
Cottage Cheese
Nuts & Seeds

WG Triscuits
WG Wheat Thins
Cheerios
Corn Tortilla Chips
Whole Wheat Toast

Healthy snack ideas for your family!
# Tips To Make Healthy Snacks

## Food Groups Are Better Together!

<table>
<thead>
<tr>
<th>Try these tasty combos:</th>
<th>Whole Grains Are Best!</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Dried fruit + Cheese Stick</td>
<td>Look for the whole grain stamp OR check the ingredient</td>
</tr>
<tr>
<td>• Fruit + WG Crackers</td>
<td>list to be sure &quot;whole grain&quot; or &quot;whole wheat flour&quot; is the</td>
</tr>
<tr>
<td>• Sliced Vegetables + Hummus</td>
<td>first ingredient.</td>
</tr>
<tr>
<td>• Pineapple + Cottage Cheese</td>
<td>*Choose products with at least 2 grams of fiber per serving.</td>
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<tr>
<td>• Apple + Nut Butter</td>
<td></td>
</tr>
<tr>
<td>• Cheese Slice + WG Bread</td>
<td></td>
</tr>
<tr>
<td>• Nuts/Seeds + Pear</td>
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</tbody>
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## Focus On Water!

- *Choose tap water to keep kids hydrated.*
  - Skip the juice and sugar-sweetened beverages.
  - Encourage/remind children to drink water throughout the day and provide a reusable water bottle.

## The Amount Counts!

- Younger kids need less, and too much food on the plate can be overwhelming. Try offering a smaller amount and provide more if they are still hungry.
  - Offer a 1/2 sandwich or 1/2 cereal bar at a time!
  - If you buy in bulk, check the serving size and offer one serving at a time.

## Less Processed is Better!

- Look for products with fewer ingredients (the fewer the better).
  - Choose the naturally-occurring sugar in fruits rather than added-sugar found in candy, soda, baked goods, etc.
  - Stick to low-sodium options (less than 140 mg per serving is low sodium).
  - Choose healthy fats like those in avocado, nuts & seeds rather than less healthy ones found in potato chips, greasy foods, etc.

## Food Safety is Key:

- *Always check for food allergies*
- *Send snacks with a cold pack*