

Smart Snacking



Travel smart! Pack portable snacks like cheese sticks, pretzels, or baby carrots for on the go snacking.

Eat snacks at regular times each day, at least 1 ½ hours before a meal.

Try to keep your snacks between 150-200 calories to prevent overeating.

Smart Snacking is important because...

- Snacking between meals can prevent you from getting overly hungry and then overeating at the next meal.
- Snacking can keep your blood sugar levels normal.
- Healthy snacking on fruits, vegetables, and low protein dairy can help you meet your daily nutrient needs.
- Snacking can boost your energy during the day.

Mix and match to create a snack made up of at least two food groups

Vegetable Group	Fruit Group	Grains Group	Dairy Group	Protein Group
cucumbers	sliced mango	whole wheat bread	low fat or skim milk	sliced ham
celery sticks	kiwi	crackers	low fat yogurt	sugar snap peas
carrots	apples	whole grain bagel	mozzarella cheese	tuna
broccoli	handful of raisins	stick pretzels	low fat sliced cheese	handful of nuts
tomato	strawberries	tortilla	cottage cheese	peanut butter
lettuce	banana	cereal	string cheese	boiled egg
sweet potato	melon balls	flatbread	pudding cup	egg salad
Cherry tomatoes	sliced peaches	rice cakes	fat free or 1% milk	hummus