HEALTHY SNACKS

Whole Lifecycle NUTRITION

BETTER NUTRITION AT HOME AND ON-THE-GO

FRUITS



Fresh fruit, Dried fruit
Unsweetened apple sauce cups
Fruit cups packed in water or juice

PROTEINS

Yogurt (plain Greek is best), Cheese sticks, squares, or slices, Cottage cheese, Milk, Hard boiled egg, Cooked turkey or other meat, Tuna packs, Unsalted nuts or seeds, Nut or seed butter, Chickpeas or hummusBeans or peas

GRAINS

Crackers, Brown rice crackers, Granola bar or granola, Dry cereal, Homemade muffins or banana bread, Popcorn, Pretzels Toast, English muffin or bagel, Pita or wrap, Tortilla or tortilla chips

VEGETABLES



Carrot sticks, Celery, Bell pepper strips, Cucumbers, Tomatoes, Jicama or radish, Vegetable juices
Broccoli or cauliflower florets

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HOW TO CHOOSE

For maximum nutrition, choose two food groups!
Some examples:
Cheese + crackers = protein + grain
Carrots + hummus = veggie + protein
Craisins + nuts or seeds = fruit + protein





Use whole grains as often as possible. This includes whole wheat and whole grain breads and flours, brown rice, and corn.
Limit added sugars, sodium, and saturated fats.