# HEALTHY SNACKS

#### **Snack smart:**

**Combine a protein and carbohydrate** food to create a snack that will keep you full and satisfied.

**Protein:** Yogurt Cheese Nuts and seeds **Peanut butter Cottage cheese** Hard-boiled egg **Carbohydrate:** Whole grain cereal Whole grain crackers Fruit Popcorn **Raw vegetables** Raisins

## Fill the gap with snacks!

#### **Consuming healthy snacks** throughout the day can...

- Help you meet daily nutrient needs.
- Refuel your body and keep you full between meals.
- Provide extra energy and nutrients during a busy day.

### **Be an informed snacker:**

# Improve your snack game by making healthy swaps:

**Choose this** 

- Pretzels, popcorn, or whole grain crackers
- Fresh, canned, frozen, or dried fruit
- **V**Water, low-fat milk, or **100% fruit juice**
- **V**Yogurt or pudding
- **V** Peanut butter and apples



 Choose fruits or vegetables to get a nutrition boost. Moderation is key to smart snacking.

 Look at the Nutrition Facts label on packaged foods to find the serving size and ingredient list.

• Beware of advertising – all-natural, organic, or multi-grain doesn't always mean nutritious.

Instead of this

#### **X** Chips

**X** Fruit snacks or candy

**X** Soda and other sweetend drinks

X Ice cream

**X** Candy bar

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Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local resource center or go online to: mydss.mo.gov/food-assistance