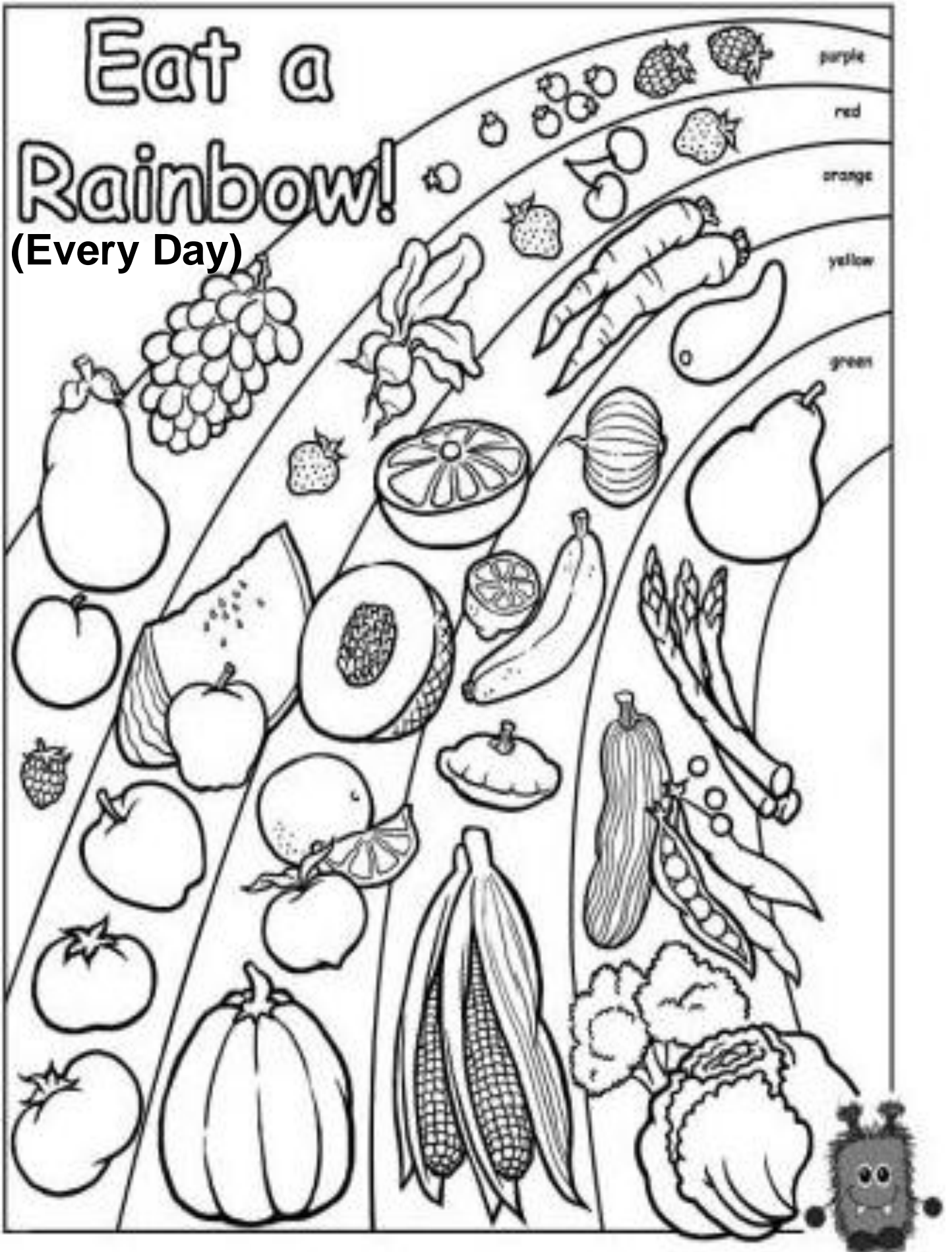
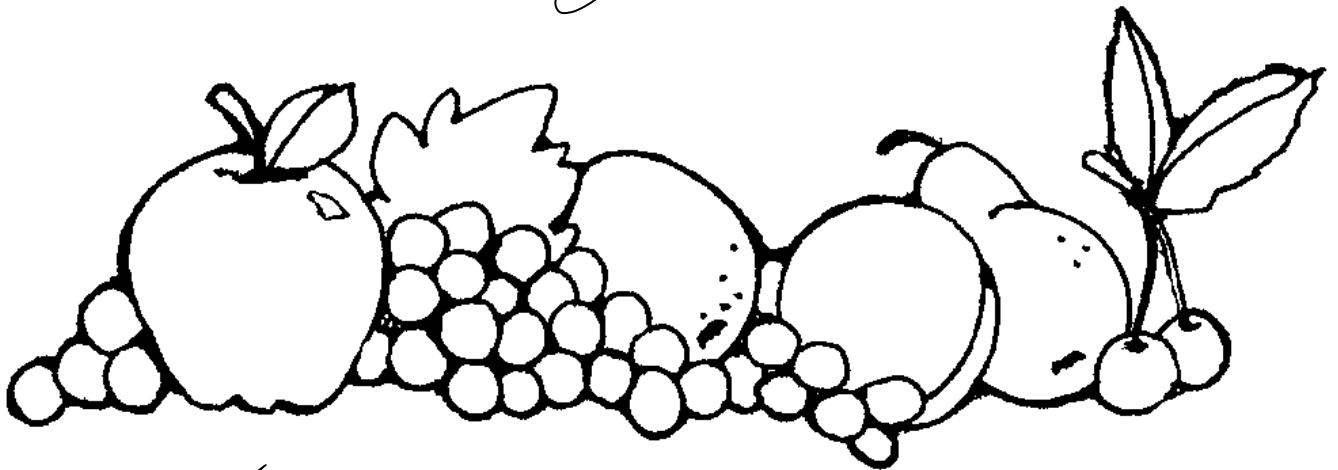


Eat a Rainbow!

(Every Day)

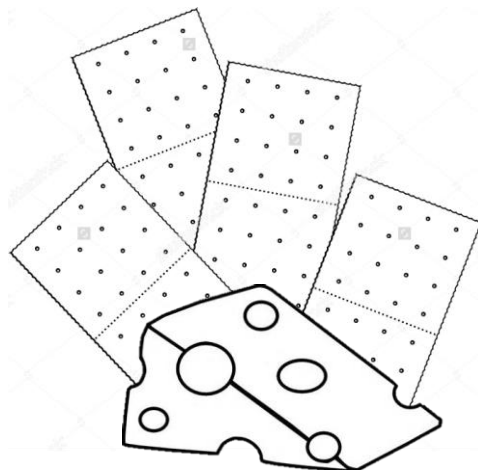
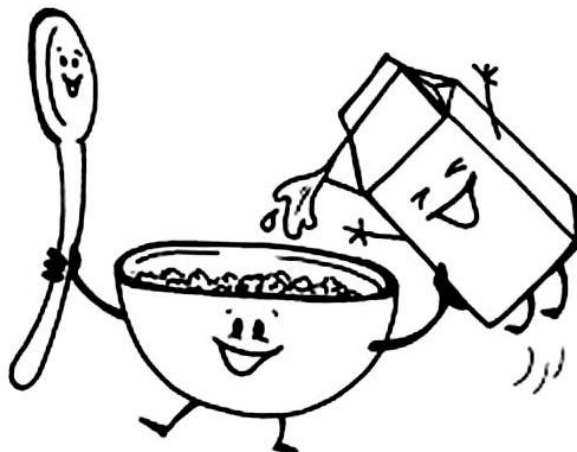
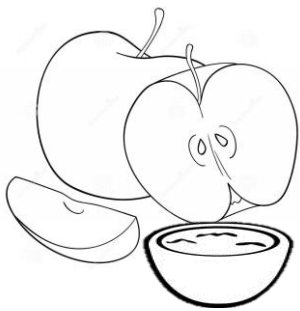


Healthy Snacks



String cheese with fruit – fresh fruit, fruit cups, apple sauce or dried fruit

- ✓ Sliced apples and nut butter
- ✓ Raw veggies with bean dips like hummus
- ✓ Whole grain crackers with low fat cheese or nut butter - but remember portions - this is a snack NOT a meal
- ✓ Whole grain cereal or muffin with skimmed, low fat or soy milk
- ✓ Low fat yogurt with extra fruit, chopped nuts or granola
- ✓ Baked chips or make your own toasted pita chips and serve with salsa or yogurt and cucumber dip
- ✓ Nuts, trail mix, granola - a handful or two only!
- ✓ Milk or yogurt smoothies or shakes - 8-ounce cup only
- ✓ Low fat popcorn with cinnamon sugar instead of salt



Many of us don't get enough vegetables, fruits, whole grains and low fat dairy in our daily diet.

Choosing the right snack between meals can be a great way to add extra servings of these foods.

Think of snacks as mini-meals and combine foods from two or more food groups.

Include a protein food, like low fat milk, cheese or yogurt, to keep you feeling fuller for longer and add a carbohydrate food, like fruit or wholegrain crackers or cereal, for energy.