Smart Snacking

Make snacks work by choosing nutrient-rich foods. Snacks can boost your energy between meals. Keep the following tips in mind when planning healthy snacks:

**Plan snacks throughout the day**
- Provide snack choices from at least two food groups (fruits, vegetables, whole grains, dairy and proteins).
- Schedule regular snack times and amounts.
- Choose snacks to fill in your daily food group gaps that you might not eat at mealtime.

**Don’t leave home without it**
- Keep snacks on hand that are good for your health and do not hurt your wallet.
- Pre-bag dry cereal, pretzels, crackers and dried fruit.

**Check out the nutrition facts label**
- Limit convenience-type snacks that are high in sugar, fat and salt.
- Choose snacks with 200 calories or less.

**Be a role model**
- If you snack wisely, your child will, too.
- Snack to satisfy hunger, not your emotions.
- Control your snack portions.
- Balance your snacking with active living!

**Have Fun!**
- Use a cookie cutter to make shapes out of low-fat cheese slices, whole grain bread or whole grain tortillas.
Quick, Healthy and Delicious Snacks!

Choose snacks that incorporate two or more of the five food groups

<table>
<thead>
<tr>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Dairy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole-grain bagel</td>
<td>Baby carrots</td>
<td>Apple slices/sauce</td>
<td>Cheese cubes</td>
<td>Hard-boiled egg</td>
</tr>
<tr>
<td>Breadstick</td>
<td>Cauliflower</td>
<td>Apricots</td>
<td>String cheese</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Whole-grain cereal</td>
<td>Cauliflower</td>
<td>Bananas</td>
<td>Low-fat yogurt</td>
<td>Roasted soy nuts</td>
</tr>
<tr>
<td>Whole-grain crackers</td>
<td>Cauliflower</td>
<td>Fruit smoothie</td>
<td>1% or non-fat milk</td>
<td>Pumpkin seeds</td>
</tr>
<tr>
<td>Granola, low-fat</td>
<td>Vegetable juice</td>
<td>Grapes</td>
<td>Low-fat cream cheese</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Zucchini pieces</td>
<td>Kiwi halves</td>
<td>Cottage cheese</td>
<td>Nuts</td>
</tr>
<tr>
<td>Pretzels</td>
<td>Green/red pepper slices</td>
<td>Melon pieces</td>
<td>Greek low-fat yogurt</td>
<td>Hummus</td>
</tr>
<tr>
<td>Tortillas</td>
<td>Edamame</td>
<td>Nectarines</td>
<td>Low-fat cheese sauce</td>
<td>Bean dip</td>
</tr>
<tr>
<td>Raisin bread</td>
<td>Snap Peas</td>
<td>Orange sections</td>
<td></td>
<td>Lean turkey</td>
</tr>
<tr>
<td>Pumpkin bread</td>
<td>Baked potato</td>
<td>Peaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pita bread</td>
<td></td>
<td>Pears</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole-grain waffle</td>
<td></td>
<td>Pineapple chunks</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Plums</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Strawberries</td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td>Dried fruit (raisins, apricots, prunes)</td>
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</tr>
</tbody>
</table>

Did you know??
Kiwis have more Vitamin C than oranges!

Healthy Food Combinations

- Peanut butter on apple slices
- Low-fat granola and non-fat milk
- Reduced-fat cheese and crackers
- Hard boiled egg and cherry tomatoes
- Trail mix with unsalted nuts and dried fruit
- Raisin bread toast with low-fat cottage cheese or peanut butter
- Broccoli “trees” with low-fat cheese sauce
- Fruit kabobs with low-fat yogurt dip
- Celery with peanut butter and raisins
- Whole-wheat pita chips with bean dip or hummus

Quick Recipes

- Grated low-fat cheese over a corn tortilla; fold in half and microwave for 20 seconds. Top with salsa.
- Peel a banana and dip in low-fat yogurt. Roll in crushed cereal and freeze.
- Raw veggies and plain non-fat Greek yogurt mixed with taco seasoning
- Place a scoop of low-fat frozen yogurt and banana slices between two graham crackers.
- Spread mustard on a thin slice of turkey and wrap around a sesame breadstick.
- Alternate layers of low-fat yogurt with berries and granola to make your own parfait.

Did you know??
Whole-grain bread contains double the amount of protein as in white bread, and triple the fiber!

Did you know??
Eggs can cost less than 15 cents each!

Did you know??
Baked potatoes contain more potassium than any other fresh fruit or vegetable including bananas!

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UVM Extension’s Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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