



COMMUNITY

4-H & YOUTH

ENVIRONMENT

AGRICULTURE

FOOD



UNIVERSITY OF
VERMONT

EXTENSION

CULTIVATING HEALTHY COMMUNITIES

In Your Hands

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.



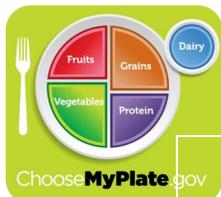
Be a role model

- * 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.



UVM Extension helps individuals and communities put research-based knowledge to work.

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Quick, Healthy and Delicious Snacks!

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

Grains

Whole-grain bagel
Breadstick
Whole-grain cereal
Whole-grain crackers
Granola, low-fat
Popcorn
Pretzels
Tortillas
Raisin bread
Pumpkin bread
Pita bread
Whole-grain waffle

Did you know?

Kiwis have more Vitamin C than oranges!

Vegetables

Baby carrots
Cauliflower
Celery sticks
Vegetable juice
Cherry tomatoes
Zucchini pieces
Green/red pepper slices
Edamame
Snap Peas
Baked potato

Fruits

Apple slices/sauce
Apricots
Bananas
Fruit smoothie
Grapes
Kiwi halves
Melon pieces
Nectarines
Orange sections
Peaches
Pears
Pineapple chunks
Plums
Strawberries
Dried fruit (raisins,
apricots, prunes)

Dairy

Cheese cubes
String cheese
Low-fat yogurt
1% or non-fat milk
Low-fat cream cheese
Cottage cheese
Greek low-fat yogurt
Low-fat cheese sauce

Protein

Hard-boiled egg
Peanut butter
Roasted soy nuts
Pumpkin seeds
Sunflower seeds
Nuts
Hummus
Bean dip
Lean turkey

Did you know?

Greek yogurt is an excellent source of protein as well as calcium!

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

Did you know?

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

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 par fait.

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!

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



EFNEP
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