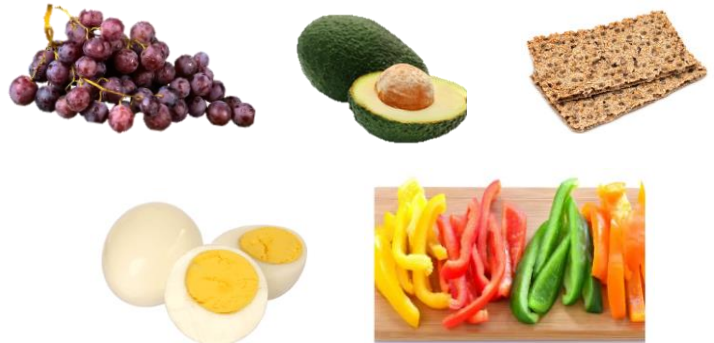


Healthy Snacks

Mandy Fila, MS, RD, CDCES, LDN

We can make healthy snacks with:

- Vegetables
- Fruit
- Whole grains
- Protein
- Healthy fats



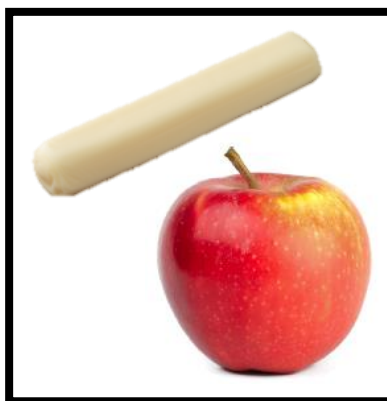
We can measure our snacks to make sure we do not eat too much or too little. We can measure our snacks with measuring cups and spoons:



Here are some examples of healthy snacks:



1/2 cup low-fat cottage cheese & 1/2 cup fruit

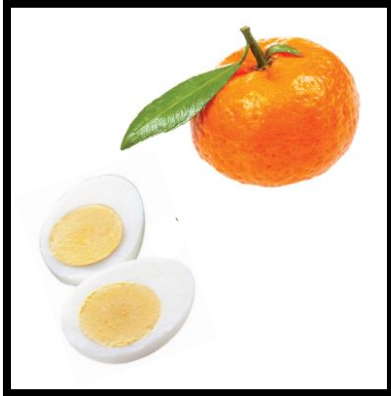


1 small piece of fruit & 1 low-fat cheese stick



1 tablespoon unsweetened nut butter & 1/2 whole grain English muffin

Healthy Snacks



1 hard-boiled egg &
1 small piece of fruit



1 corn tortilla, 1/4
cup black beans, &
2 tablespoons salsa



1 5.3-ounce container
low-fat, low-sugar
Greek yogurt and 1/4
cup berries



2 tablespoons
hummus, 1/4 cup
edamame, & veggies



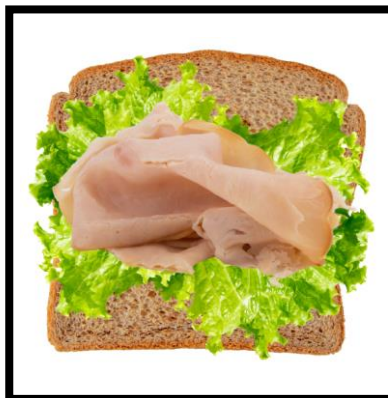
3 cups light popcorn



1/2 whole grain English
muffin, 1 tablespoon
low-fat cream cheese, &
cucumber slices



12 tortilla chips &
salsa



2 ounces low-sodium
turkey lunch meat,
lettuce, & 1 slice whole
grain bread



2 tablespoons raisins
and 1/4 cup peanuts