How to Make a Healthy Snack
1 + 1 = 2

Try adding TWO of your favorite snack items together from different food groups

Have you ever tried:

• A **BANANA** + **PEANUT BUTTER**?
• Some **YOGURT** + **GRANOLA**?
• Sticks of **CELERY** + ¼ cup **ALMONDS**?
• A **CHEESE STICK** + an **APPLE**?
• Some **PRETZLES** + glass of **MILK**?
Let’s Go!

When you are in a rush to grab a snack, remember these healthy “on the go” snacks:

- **Whole pieces of** fruit
- **Cheese** stick
- **Yogurt**
- **Dried fruit**
- **Nuts** like peanuts or almonds
- **Whole wheat crackers**
- **Carrot** Sticks
After School Ideas

• **Fruit smoothies** – Blend your favorite **fruits** with **yogurt** and **milk**
• **Peanut Butter** and **Jelly** on **whole-wheat bread**
• **Yogurt** with some **sliced fruit**
• **Fresh veggies** with low-fat Ranch dip
More Snack Ideas

- Hard boiled eggs
- Low-fat Popcorn
- Raisins
- Hummus with carrot sticks
- Veggie and cheese quesadilla
- Cereal with milk
- Trail Mix
Why Eat a Snack?

A snack can:

• Help you stay focused when doing your homework
• Keep you full until lunch or dinner time
• Give you energy during the day
• Help you play your favorite sports