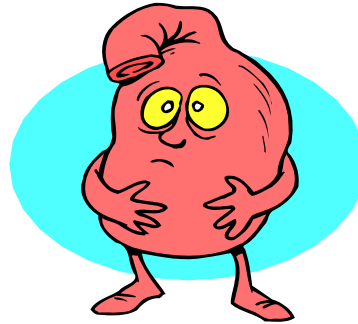




# WHY DO WE NEED SNACKS?

To fill those stomachs!



How big is your stomach?



**Healthy snacks**  
**give your body energy**  
during the day to get you  
to your next meal.





# WITHOUT SNACKS YOU MAY NOT FEEL RIGHT



Headaches

Feel  
Anxious



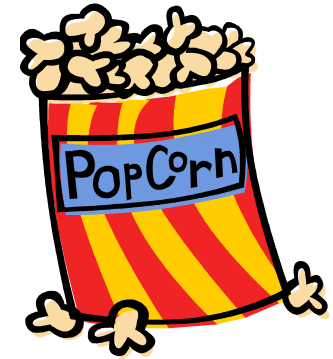
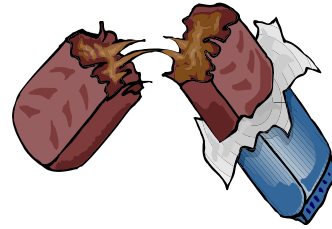
Tired and cannot concentrate



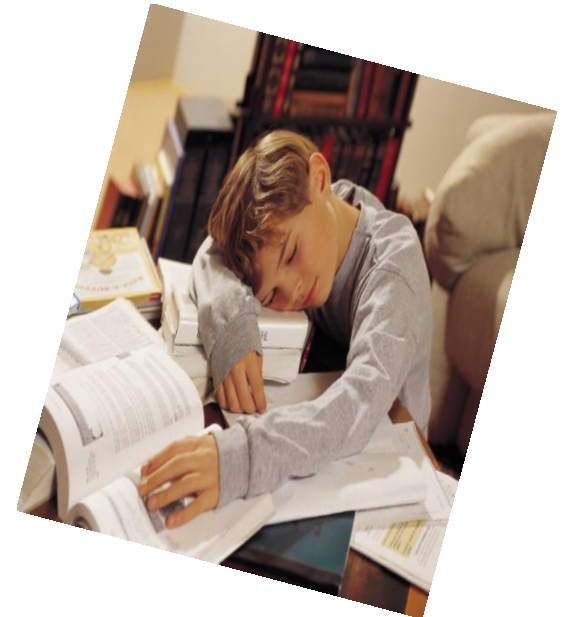
Angry



# ARE THESE HEALTHY SNACKS?



**These are  
Slow Foods!  
They  
Do Not Help  
Your Body!**

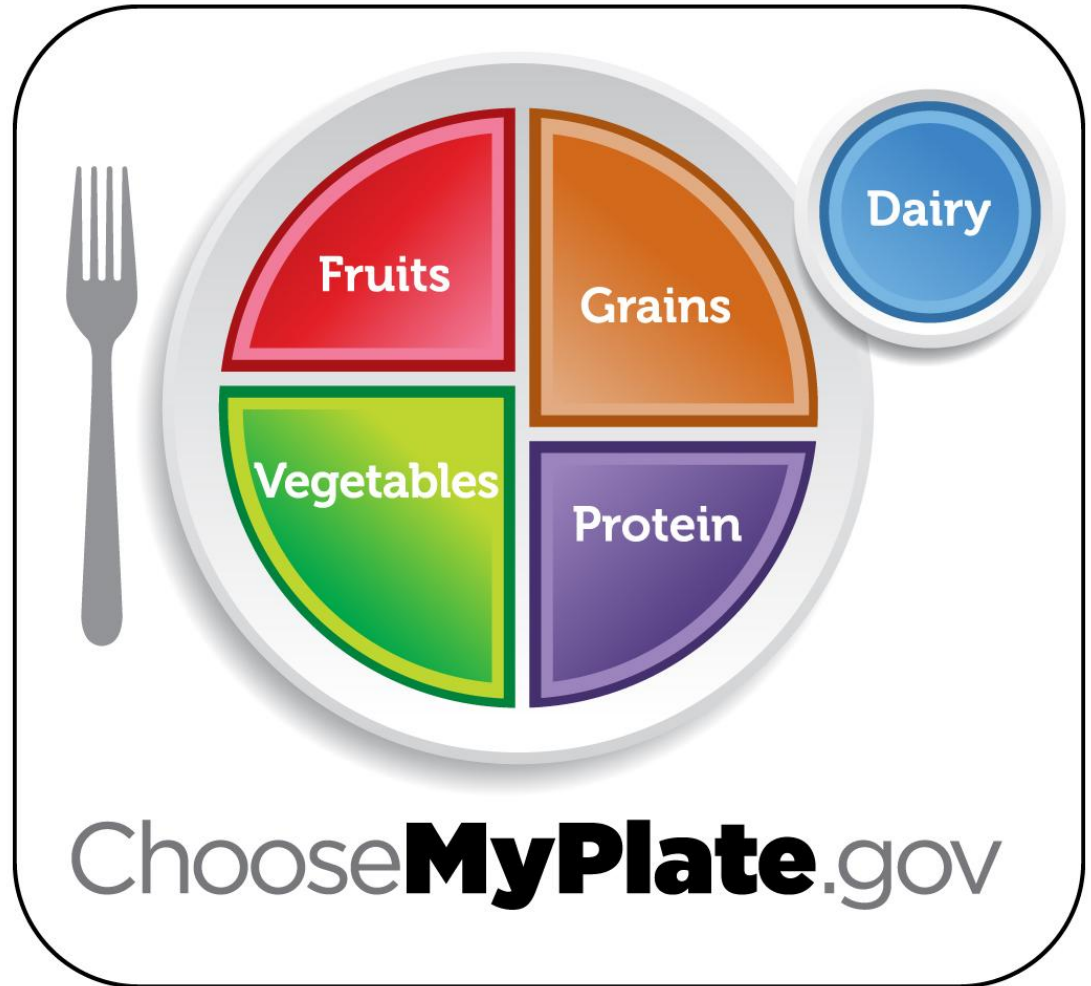




# HEALTHY SNACK CHOICES

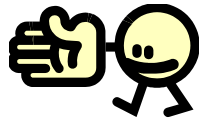
- Fruits
- Vegetables
- Nuts
- Seeds
- Whole Grains
- Yogurt
- Cheese

Choose foods from  
MyPlate

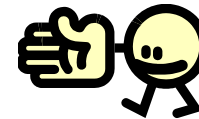




# HOW BIG SHOULD YOUR SNACK BE?



Two Handfuls



How many snacks should you have a day?

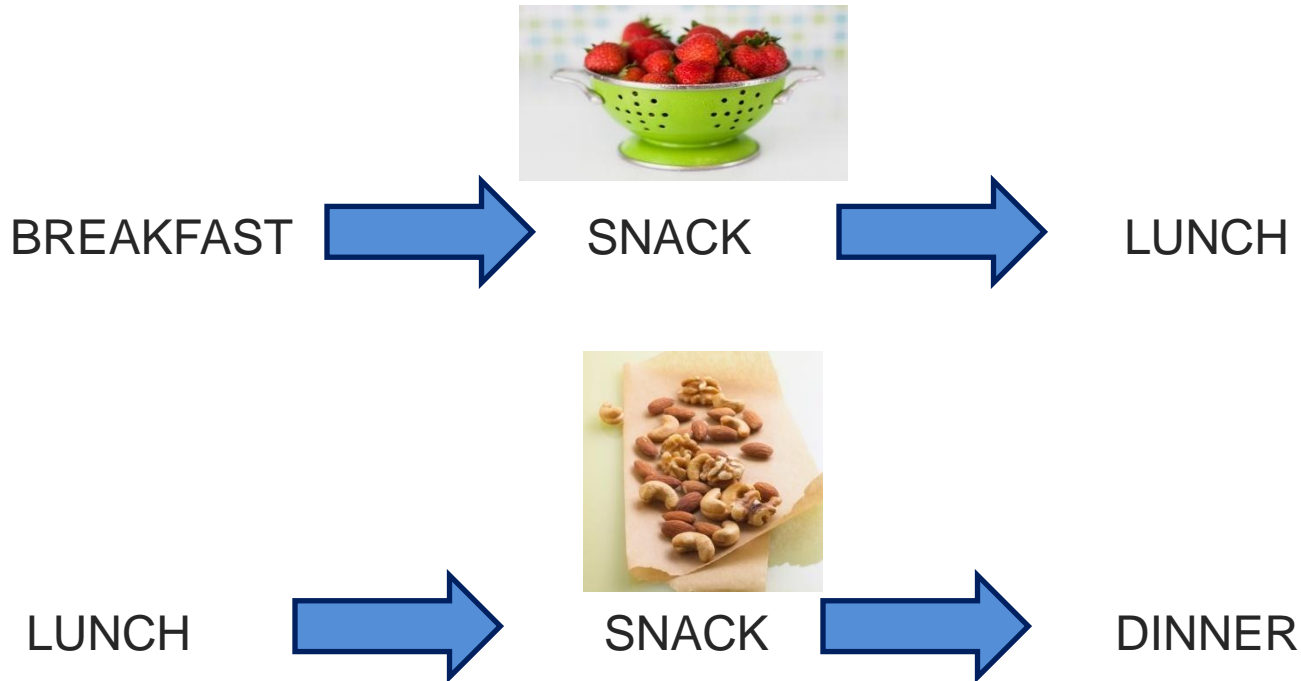
2

- unless you are really, super duper active, then you may need 3.



# WHEN SHOULD YOU SNACK?

When you get hungry between meals....





# Eating Right and Feeling Good!





# Create a Sensational Snack!

Two handfuls

Foods from at Least Two Food Groups

<b>Protein</b> Necessary for building muscles!	<b>Whole Grains</b> Give us energy! Fiber promotes healthy digestive track	<b>Fruits and Veggies</b> Helps you feel full! Great source of fiber, vitamins and minerals!	<b>Dairy/Calcium</b> Helps build strong bones and teeth!
Eggs	Whole grain crackers	Apples, Oranges	Milk
Nuts	Whole grain cereals	Carrots, Broccoli	Yogurt
Tuna	Whole grain bread	Bananas, Mangos	Cheese
Hummus	Whole grain tortilla	Tomatoes, Celery	Tofu
Beans	Whole grain pasta	Grapes, Berries	Almonds
Lean meats	Whole grain pretzels	Cucumbers, Lettuce	Spinach
Seeds		Pears, Raisins	Sardines

