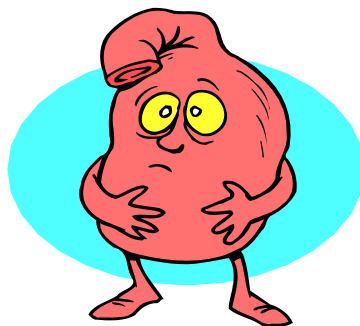




WHY DO WE NEED SNACKS?

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



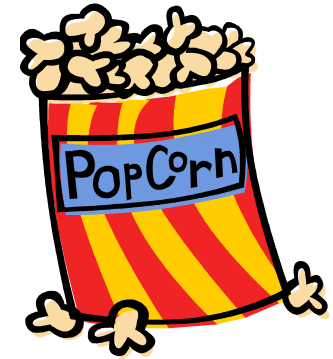
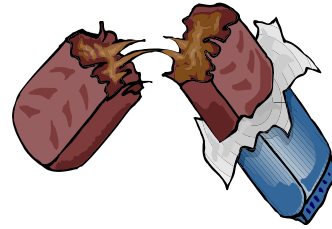
Tired and cannot concentrate



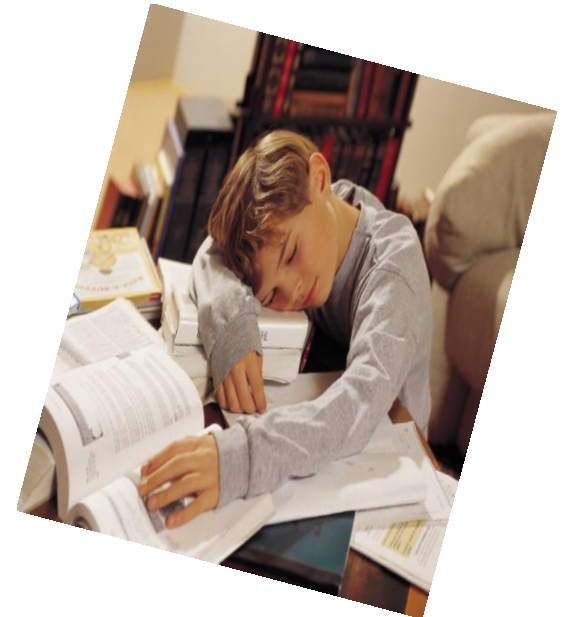
Angry



ARE THESE HEALTHY SNACKS?



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

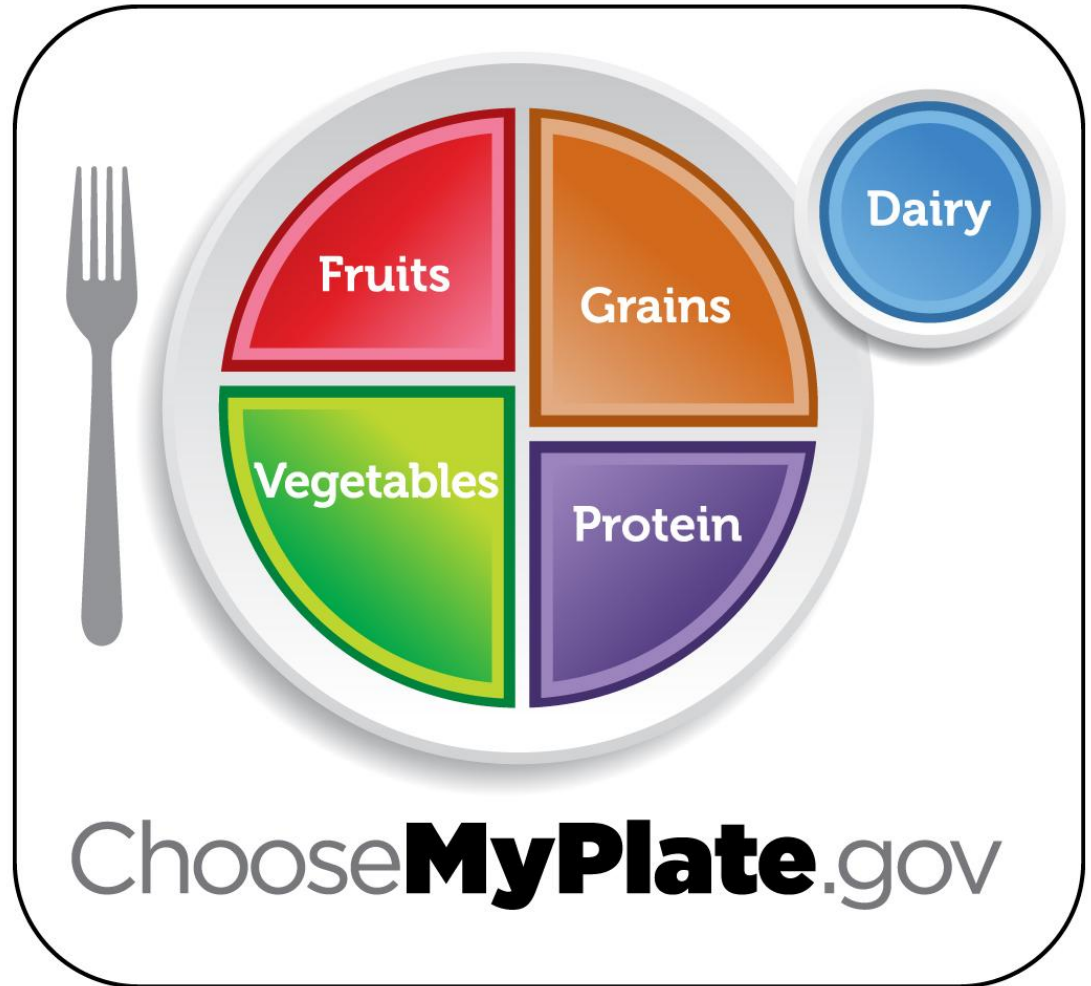




HEALTHY SNACK CHOICES

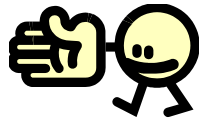
- Fruits
- Vegetables
- Nuts
- Seeds
- Whole Grains
- Yogurt
- Cheese

Choose foods from
MyPlate

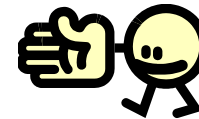




HOW BIG SHOULD YOUR SNACK BE?



Two Handfuls



How many snacks should you have a day?

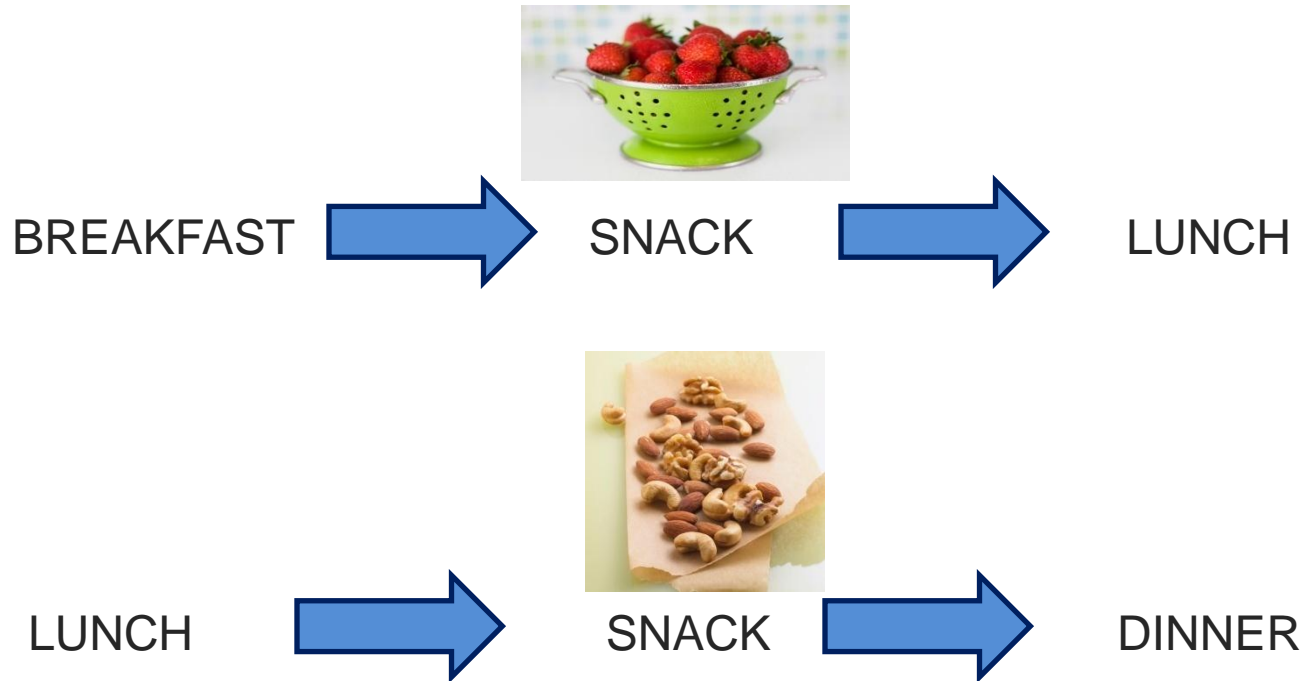
2

- 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

Protein Necessary for building muscles!	Whole Grains Give us energy! Fiber promotes healthy digestive track	Fruits and Veggies Helps you feel full! Great source of fiber, vitamins and minerals!	Dairy/Calcium 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

