



Create a Sensational Snack!



Combine 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

Can you think of some more go foods?

Can you think of some tasty combinations?

Remember, this is a snack, not a meal! Keep the size to about two handfuls.

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