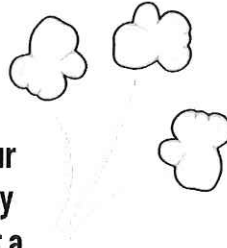


SMART SNACKING

1 Place different herb and spice blends like Italian seasoning, garlic powder, or chili powder into individual plastic bags with your favorite pre-popped plain popcorn, shake and enjoy a delicious whole-grain snack without the need for a microwave or stove.



Satisfying and nutritious snacks often contain more than one food group. Creating snacks with a combination of fruits, vegetables, whole grains and proteins such as string cheese with veggies, and a whole wheat pita with hummus, will help you keep going on busy days.

2

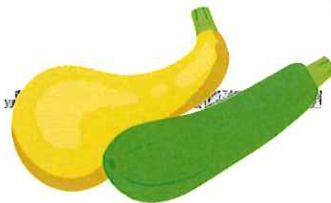
3 Think outside the box and switch up your meals. Try breakfast foods as a tasty snack during the day, like a small bowl of whole grain low sugar cereal and skim milk or try lunch for breakfast with leftover pizza or peanut butter on toast with a drizzle of honey and sliced banana.



Are potato chips one of your favorite snacks? Try making your own or even better, try other vegetables such as kale, zucchini and squash. They will be fresher and you'll probably need less salt.










4

5 A snack is like a movie trailer, it keeps you satisfied until the main show, but doesn't spoil it!






SMART SNACKING



Fresh fruit is a naturally sweet and portable snack that contains a variety of vitamins and minerals to keep your mind sharp during the school day.

6



Hungry not long after your last meal? Protein-rich snacks such as milk, mozzarella cheese sticks, low-fat yogurt or yogurt drinks, nuts, hard-boiled eggs, and lean meats help you feel fuller longer.

7

8 Thirst is often confused for hunger so consider drinking water and other low calorie beverages throughout the day to help you stay satiated.



9

Dips make snacking fun! You can get creative by experimenting with different dips like a sriracha ranch or a garlic-herb hummus.



10 If you're looking for a snack that you can take on the go, consider building a trail mix from a variety of whole grain cereals, dried fruit, bite sized graham crackers or pretzels, and sunflower or pumpkin seeds.

