SMART SNACKING
Choose a healthy snack option to fit your mood.

If you’re craving something sweet mid-morning, fruit can be your friend! If afternoons have you looking for a crunch, reach for raw veggies and/or nuts. For an energizing and sustaining snack, combine at least two food groups (for example, fruit and nuts).

Crunch
- Celery and peanut butter
- Carrot sticks and bell pepper slices with hummus
- Raw nuts
- Air-popped popcorn
- Sunflower or pumpkin seeds
- Whole grain rice cakes
- Dry roasted edamame
- Baked apple chips
- Wasabi peas
- Roasted chickpeas

Refreshing
- Watermelon
- Unsweetened tea
- Sparkling water
- Infused water (lemon or cucumber slices, mint leaves)

Sweet
- Fresh berries
- Piece of fruit with nut butter
- Dried fruit (apricots, mangoes, raisins)
- Frozen grapes
- Freeze-dried fruit

Satisfying
- Whole grain toast with almond butter
- Whole grain crackers with hummus
- Fruit and veggie smoothie
- Yogurt with fruit
- Nut and dried fruit trail mix
- Leftovers from a healthy meal