

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).

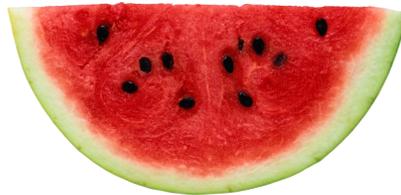
Crunch

- 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

