


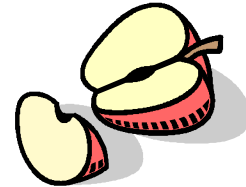


# Be a Smart Snacker!

## Why is Snacking Good for You?

-  Snacking gives you an energy boost between meals.
-  Snacking is a great way to get extra vitamins and minerals into your body.
-  Snacking on different foods can add a variety to your diet.



## What are Smart Snacks?

### Simple

Simple snacks are easy to prepare and an easy way to get nutrients.

### Moderation

Snacks are great between meals and good for you too.....just don't overdo!

### Assortment

Try different snacks everyday to add variety to your diet.

### Raw fruits & vegetables

Raw fruits and vegetables are full of vitamins, minerals and fiber. Snacking is a great way to fit your 5 fruits and vegetables in everyday!



### To Go

Snacks are great when you are on the go to get you through to your next meal.

# SMART

## Snacking Ideas



1 medium banana



1 cup ready-to-eat cereal



1 hard-cooked egg



Handful of cherry tomatoes



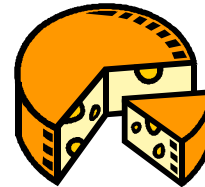
Handful of grapes



Handful of nuts like peanuts, almonds, walnuts, pistachios



Handful of dried fruits like apricots, plums or apples



Cheese cubes (about 4), cottage cheese (1/2 cup), and yogurt (1 cup)

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