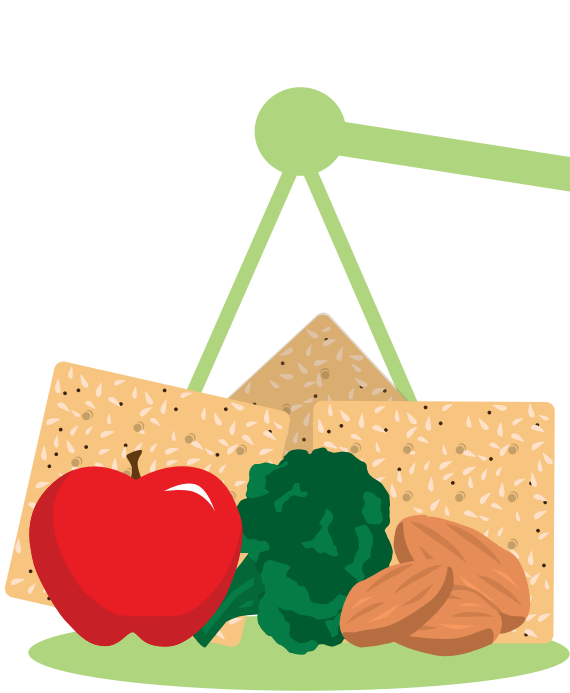


# The Balancing Act of Snacking

Have you ever wondered, "What makes up a healthy snack?" Snacks should provide us with energy and nutrition to make us feel satisfied and full until our next meal.



A well-balanced snack that includes foods like fruits, vegetables, whole grains, lean protein, or healthy fats may leave you feeling satisfied, full, and energized!



Food high in calories, fat, and sugar, but low in other essential nutrients offer a short burst of energy but often leave you feeling tired and sluggish.

**To help create a well-balanced, healthy snack, choose an item from at least two of the three categories below.**

## Carbohydrates

- Whole wheat crackers
- Baked tortilla chips
- Whole grain cereal
- Granola
- Popcorn
- Whole wheat bread

## Protein & Fat

- Turkey
- Hard-boiled egg
- Reduced-fat cheese
- Hummus or chickpeas
- Reduced-fat yogurt
- Nuts
- Peanut Butter
- Tuna
- Cottage Cheese
- Beef Jerky
- Guacamole
- Tofu

**Protein and fat** sources are important components of a healthy snack. Protein helps provide energy and build muscle while fat also provides energy and helps the body absorb specific vitamins!

## Fruits

- Apples
- Bananas
- Clementines
- Blueberries
- Strawberries
- Raspberries

## Veggies

- Carrots
- Bell peppers
- Broccoli
- Cucumber
- Tomato
- Fresh salsa

**Fruits and vegetables** provide essential vitamins and minerals to help keep us healthy! Whole grains, fruits, and veggies provide fiber, which can keep our GI tracts regular and may reduce our risk of heart disease.

## Carbohydrates

are our body's main source of energy! Be sure to choose whole grains to help get enough fiber, which helps keep us feeling full longer.