



# Snack Healthy

**Eating a snack between meals can be a part of a healthy diet.**

Snacking on healthy foods can help increase your intake of important nutrients, including fiber and good fats, and give you energy between meals.

## Make Snacking a Healthy Event!

- **Snack only when you are hungry.**  
Avoid eating out of boredom or when you are stressed. This can lead to excess weight gain.
- **Plan snacks ahead of time.**  
Fixing snacks in advance can save you time and make healthy snacks the easy choice. For example, wash and cut up fresh fruit or make your own trail mix.
- **Choose snacks that are 200 - 300 calories** or less and include a variety of nutrients (fiber, healthy fats, and vitamins).
- **Use snack time as a way to increase your fruits and vegetables.**  
Choose brightly colored fruits and vegetables to help ensure you are getting a variety of nutrients in your diet.
- **Snack time is a great time to socialize!**  
Eat a snack with a friend or neighbor.
- **Drink plenty of water** with your snacks.

## RECIPE

### Healthy Trail Mix

1. 1 cup pretzels
2. 1 cup whole grain cereal (your choice!)
3. 1 cup air-popped popcorn
4. ¼ cup raisins
5. ½ cup dried fruit (your choice!)
6. ½ cup nuts (your choice!)
7. ½ cup mini chocolate chips

**DIRECTIONS:** Mix all ingredients together in large bowl. Divide up trail mix into small snack bags. Enjoy!

## Healthy Snack Ideas

Low-fat/no-fat yogurt with fresh berries

Low-fat cottage cheese with pineapple or peaches

Whole grain crackers with mashed avocado

Small side salad topped with nuts or seeds

Whole grain toast topped with nut butter

