

CHOOSE HEALTHY SNACKS



Choosing the right snack is a good way to add healthy foods to your family's diet. Healthy snacks can help you and your child

- Stay healthy.
- Get more energy during the day.
- Think better in school.

A healthy snack is any food that is low in fat, especially trans and saturated fat.



Healthy snacks are:

- Low in calories
- Low in added sugar
- High in vitamins, minerals and fiber to help your body work.
- High in calcium to keep bones strong and teeth healthy.
- High in protein to keep your bodies strong.

Healthy snacks are foods like:

- Fresh fruits and vegetables
- Whole grain breads and crackers with peanut butter and low fat cheese
- Vegetables with low fat dip
- Pretzels and baked chips
- Lean poultry



Eat Healthy Snacks Like:

- Apple slices with peanut butter
- Celery with peanut butter and raisins
- Whole grain crackers or rice cakes with low fat cheese slices
- ½ sandwich with turkey and veggies
- Small handful of seeds or nuts with raisins
- Cut up veggies like celery, cucumbers, peppers or carrots. Eat plain or with low fat dip.
- Steamed veggies with low fat cheese.
- Yogurt topped with whole grain cereal or fruit



Add a glass of lowfat milk to your snack to add calcium to your diet.

WHEN YOU SNACK CHOOSE HEALTHY SNACKS THAT ARE GOOD FOR YOU.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at www.nj.usda.gov or to learn more go to www.fns.usda.gov/tna. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

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