

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 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.

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NJ SNAP-Ed
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