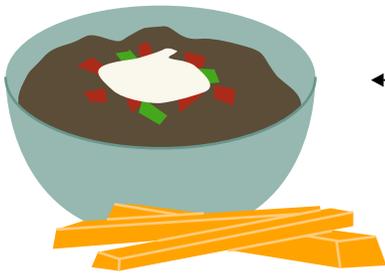




SNACK IDEAS

Snacks can help maintain your energy between meals and supply nutrients that your body needs. If you choose to include snacks, plan for 1 to 3 snacks each day, and remember to snack only when you are hungry.

Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving. Watch the portion sizes to stay on track with your budget and your daily calorie needs. Here are just a few healthy snack ideas!

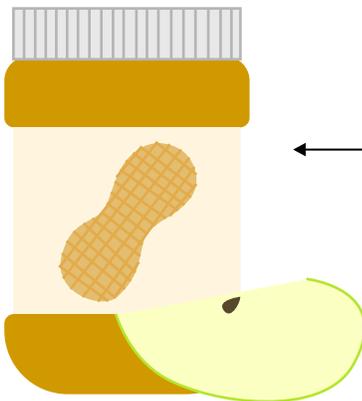


← Veggies and Dip (120 calories)

Slice and dip raw vegetables, such as carrots, bell peppers, and cucumbers, in 2 tablespoons of your favorite dressing, such as ranch or French. To save money, choose in-season vegetables. This snack provides dietary fiber, potassium, vitamin C, and beta-carotene.

Almonds (160 calories)

Buy raw or dry-roasted, unsalted almonds in bulk. Stick to 1-ounce portions (about 23 almonds) to keep calories lower and get your money's worth. This snack provides vitamin E, niacin, iron, dietary fiber, and heart-healthy unsaturated fat.

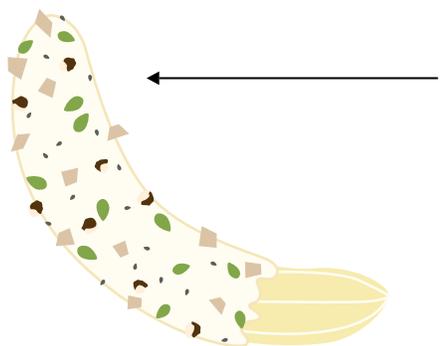


← Peanut Butter and Apple (190 calories)

Top 1 sliced apple with 1 tablespoon peanut butter. Compare peanut butter (or other nut butter) products and choose one with less fat, added sugars, and salt. This snack provides heart-healthy unsaturated fat, vitamin E, and vitamin C.

Yogurt and Fruit (155 calories)

Top 6 ounces of fat-free Greek yogurt with $\frac{1}{4}$ cup fresh or canned fruit. Buy fruit canned in water or natural juices. Save money by buying a large tub of yogurt instead of single-serving containers. This snack provides calcium, protein, and vitamin C.



Frozen Bananas (100 calories)

Peel bananas and store in the freezer in a resealable container or bag. You can also dip bananas in low-fat yogurt, roll them in crushed whole grain cereal or unsalted nuts, and then freeze. This snack provides vitamin B-6, potassium, vitamin C, and dietary fiber.

Baked Potato and Salsa (180 calories)

Top a medium-size baked potato with $\frac{1}{4}$ cup salsa. Buy a large bag of potatoes to save money. Store-brand salsas tend to be cheaper and are just as tasty as name brands. This snack provides vitamin C, potassium, dietary fiber, and lycopene.



Trail Mix (200 calories)

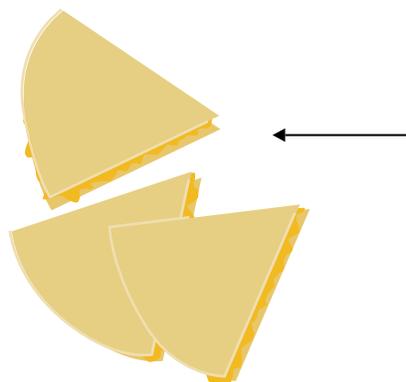
For 1 portion of homemade trail mix, combine the following: 2 tablespoons raisins, $\frac{1}{4}$ cup whole grain cereal, and 2 tablespoons of peanuts, almonds, or other unsalted nuts. To save money, buy each ingredient in bulk. This snack provides vitamin E, dietary fiber, heart-healthy unsaturated fat, and iron.

Cereal and Milk (200 calories)

Mix $\frac{3}{4}$ to 1 cup of whole grain cereal with $\frac{3}{4}$ cup of fat-free or low-fat milk. Buy milk by the gallon to save money. This snack provides calcium, vitamin E, potassium, and protein.

Turkey Roll Ups (180 calories)

Spread 1 teaspoon mustard on two slices of deli turkey. Add lettuce and sliced cucumber to each turkey slice. Roll up and enjoy! Check at the grocery deli to see which brands of turkey are on sale. This snack provides protein, niacin, and selenium.



Mini Quesadilla (200 calories)

Sprinkle 2 tablespoons of shredded reduced-fat cheese on a 6-inch whole wheat flour tortilla. Add some chopped tomatoes, frozen corn kernels, and cooked beans, then heat in a pan or in the microwave. Fold over and it's ready to eat. This snack provides protein, dietary fiber, calcium, and vitamin C.