Healthy Snacking with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Build your own
Make your own snack mix with unsalted nuts and add-ins such as seeds, unsweetened whole grain cereal, raisins or other dried fruit, and plain popcorn.

Prep ahead
Wash and cut up fresh vegetables and portion them into reusable containers so they’re ready to grab-and-go. Many veggies can be prepped like this.

Make it a combo
Combine food groups to build satisfying snacks: yogurt and berries, apple with nut butter, or whole grain crackers with turkey and avocado. Be creative!

Choose vibrant vegetables
Colorful and crunchy raw vegetables are a healthy choice. Try dipping broccoli, zucchini sticks, or baby carrots in hummus, guacamole, or a low-fat yogurt sauce.

Wash and enjoy
Fresh fruit makes a great go-to snack when you are looking for a quick sweet treat. Apples, pears, grapes, and bananas are always easy and fast.

Keep healthy options handy
Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.
For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties  208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties  208-883-2267

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