



eat right. Academy of Nutrition and Dietetics

Snacks are a great way to meet nutrient needs & choosing a snack that incorporates more than one food group will provide necessary energy that is needed between meals.

Smart-Snacking Tips for Kids



Use your camera on your mobile device to quickly scan this QR code.

Question of the week:

True or false

Your snacks should be nutritious and from more than one food group.

Answer: True. Combining different food groups not only increases the nutrients, but also helps increase satiety.

- Have easy to grab nutritious snacks on hand.

- **Pre-cut vegetables** so they are easy to grab in a hurry.

- **Low-fat yogurt** with granola or fruit.

- **Whole grain crackers** with nut butters, hummus or cheese.

- **Roasted chickpeas** and dried fruit.

- **Homemade trail mix** with unsalted or lightly salted nuts and dried fruit.

- **Veggies** with hummus or nut butter.

Next Week: Healthy Eating on a Budget