

Snack Time!

Snacks are good because they can help keep you satisfied between meals and give you the energy you need throughout the day. Fruits and vegetables are great snack choices and they will help get you to your goal of 5 a day!

Pick 2 of these healthy snack options each day!

1 small apple & 1 string cheese

Lowfat yogurt with strawberries

Celery with 2 Tbsp peanut butter

**7 wheat crackers &
a glass of skim milk**

Fruit smoothie

Baby carrots dipped in lowfat ranch

**Applesauce &
10 mini pretzles**

**Small banana &
a handful of almonds**