

Healthy Snacks Poster



Good for you
snack BITES

TAKE A BITE OUT OF THE FOOD PYRAMID

GRAINS
Energy!
Cereal • Bagel • Pasta • Popcorn • Crackers • Pretzels • Tortilla with veggies and salsa

VEGGIES
Vitality!
Cauliflower • Carrots • Broccoli • Tomatoes • Salsa • Pita sandwich – cottage cheese and shredded carrots

FRUITS
Stay Healthy!
Watermelon • Banana • Kiwi • Apple • Fruit juice and sparkling water • Sliced apple dipped in peanut butter

MILK
Bone-Strengthening!
Smoothies – milk, fruit and yogurt • Cheese • Yogurt • Skim milk • Eggs • Dip veggies in plain yogurt

PROTEIN
Go Lean!
Trail mix • Turkey wrap • Peanut butter toast • Turkey slices rolled on a pretzel

DRINK WATER WITH YOUR SNACKS

CHECK OUT WHAT'S RIGHT FOR YOU AT
MyPyramid.gov