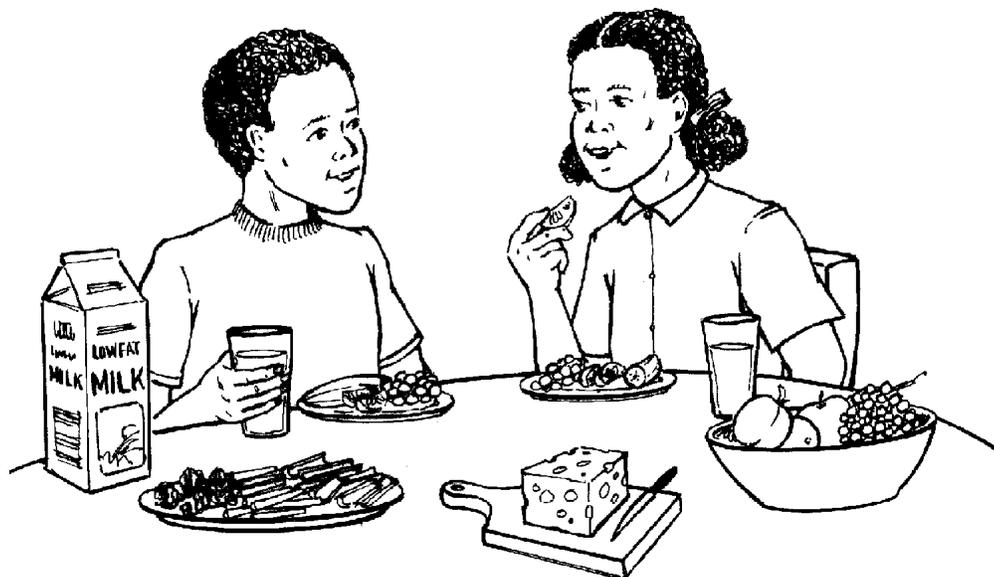




Choosing Nutritious Snacks



Nutritious snacks can help us get the nutrients we need for good health. We can all enjoy snacks, but it is important to choose nutritious foods.

Choose snacks that are low in fat, sugar and salt.

Limit sweets like candy bars, doughnuts, pastries, sodas, and other drinks high in sugar.

Eat less potato and tortilla chips, and fried foods like french fries.

Limit the amount of snacks you eat; eat them at a regular time. Snacks should not take the place of your regular meals.

Nutritious snacks can give you and your children many of the nutrients needed to grow and stay healthy.

NUTRITIOUS SNACK IDEAS

- **Fresh fruits. Keep a bowl of fruits, whole, sliced or in chunks, in the refrigerator.**
- **Raw vegetables, like tomatoes, broccoli, and carrot or celery sticks.**
- **Hard-boiled eggs.**
- **Low-fat cheese or yogurt.**
- **Plain popcorn, unsweetened cereals, and whole grain crackers.**
- **Fruit juice or yogurt popsicles.**
- **Non-fat or low-fat milk.**
- **Fruit or vegetable juices.**
- **Dried fruits, like apples, raisins or figs.**