HEY, KIDS!

Are You a Smart Snacker?



Did You Know?

Eating healthful snacks will help your body have energy to do your homework or ride your bike.



Healthy Habits

A habit is something you do over and over. It is good to have healthy habits you do every day. Here are some healthy habits you may already do:

- brush your teeth
- walk your dog
- wash your hands before eating.

Start a Healthful Snack Habit

Just like brushing your teeth, you can make it a habit to eat healthful snacks every day.

To make your own healthful snack, try choosing foods from different food groups. This will help you make "smart" snacks to fuel your body and your mind!



Flip the page over to build your own healthful snack!

Mix-And-Match Your Snack!

Circle two or three foods to put together for your snack.
Try to choose foods from different food groups to make your snack "smart!"

Vegetables	Fruits	Grains	Dairy	Protein
Baby carrots	Apple slices	Whole grain cereal	Plain yogurt	Mixed nuts
Celery sticks	Mixed berries	Whole grain crackers	Skim or low-fat milk	Peanut butter
Cucumber slices	Frozen banana	Whole grain bagel	Sliced cheese	Sunflower seeds
Red pepper slices	Grapes	Oatmeal	Low-fat cottage cheese	Sliced turkey
Cauliflower	Sliced peaches	Popcorn	String cheese	Hard boiled egg
Pea pods	Applesauce	Graham crackers	Low-fat chocolate milk	Sliced ham
Pickles	Raisins or other dried fruit	Pretzels	Grated Parmesan cheese	Beef jerky

Try this tasty idea: carrots and peanut butter!

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