WHY SNACK?
Healthy snacks will help you feel fuller for longer so you do not overeat at other meals. A healthy snack can come from any of these 5 food groups.

COMBINATION SNACK IDEAS

**SNAP CRACKLE POP**
Mix popcorn and pretzels with 1/2 cup of shredded cheese.

**YOGURT PARFAIT**
Mix 1/2 cup mixed fruit & 1/4 cup granola with low-fat yogurt.

**BUGS BUNNY**
Carrots served with 2 Tbsp of low-fat ranch dressing & whole wheat crackers.

**MORNING SUNSHINE**
Low-fat chocolate milk with an apple.

**GREEN WRAPS**
Wrap cheese, turkey, & mustard inside a leaf of lettuce.

**MUFFIN TOP**
1/2 English muffin topped with peanut butter.

**OR TRY...**
- Tuna & crackers
- String cheese & cherry tomatoes
- Cheese & crackers
- Celery & peanut butter
- 1/2 cup of cottage cheese & fruit

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**GOT SNACKS?**

FRUITS
- Apple
- Grapes
- Banana
- Dried Fruit
- Nectarines
- Mixed Fruit
- 6 oz. 100% Fruit Juice

VEGETABLES
- Cherry Tomatoes
- Sugar Snap Peas
- Tomato Juice
- Cauliflower
- Broccoli
- Carrots
- Celery

GRAINS
- Cereal
- Pretzels
- Popcorn
- English Muffin
- Graham Crackers
- Low Fat Granola Bar
- Whole Wheat Crackers

DAIRY
- Yogurt
- Pudding
- String Cheese
- Low-fat Chocolate Milk

PROTEIN
- Hard Boiled Egg
- Cottage Cheese
- Peanut Butter
- Lunch Meat
- Beef Jerky
- Almonds
- Tuna