

# Healthy Snack Ideas

Plan ahead. Pack healthy snacks for the day. Try to **sit at a table** when eating a snack. You're less likely to eat too much if you are paying attention to what you are eating.

## Ideas for Fruit & Vegetable Snacks:

- Apple slices with peanut butter
- Fresh fruit such as grapes, oranges, pears or melons
- Plain fat-free or low-fat yogurt with berries or sliced fruit
- 1/4 cup of nuts with a piece of fruit
- Cut up vegetables dipped in hummus
- Dried fruit such as apricots, bananas, cranberries or raisins
- A fruit smoothie using fat-free or low-fat yogurt with fresh or frozen fruit (Try with bananas, peaches or strawberries)
- Low-fat salad dressing with broccoli, cucumbers, red and green peppers or celery and carrot sticks
- Use the microwave to quickly cook frozen vegetables and sweet potatoes

## Health Benefits of Eating Fruits and Vegetables:

- Reduces risk for heart attack and stroke
- Reduces risk of obesity and type 2 diabetes
- Helps protect from certain types of cancers
- Helps promote an overall healthier lifestyle

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Your Extended Family.

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