

SNACKING 101

What's the difference between a meal and a snack? A snack is smaller and less filling, but it should be just as satisfying and nutritious!

Around the world, people snack on everything from sweet potatoes to biltong, from figs to tamales.....

Make your snacks count, like a mini-meal. Try these ideas to add variety in color, shape, texture, temperature, food group and tastes!

Cucumber slices with guacamole	Smoothie made with whole fruits and greens	Egg salad
Popcorn	Greek yogurt with fruit	Sushi
Sugar snap peas with 2 laughing cow cheese wedges	Melon with cottage cheese	Whole grain crackers and string cheese
Sweet potato fries	Whole wheat toast with peanut butter	Barley mushroom soup
Homemade 100% juice popsicles	Sliced banana & almond butter	Tabuli (good mixed with grapes and vegetables, then chilled)
Kale chips	Apple slices with sunbutter	Homemade bean dip with whole grain crackers
Soy nuts or roasted soybeans	Whole wheat English muffin with a scrambled egg	Oats with cinnamon and sugar
Turkey jerky	Mini whole grain bagel with cream cheese	Baked sweet potato with brown sugar
Vegetable burrito	Sliced nectarine and handful of walnuts	Corn tortilla with black beans and salsa
Trail mix of nuts, seeds and dried fruit	Sliced peach and handful of almonds	Edamame
Bean papusa	Baked chickpeas	Baby carrots with hummus
Vegetable lentil soup	Bell peppers slices	Baby tomatoes and pumpkin seeds
Frozen grapes	Baked corn tortilla chips	Lettuce leaf with tuna salad

