

Healthy Eating: Smart Snacking¹

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Snacking can be good for you! Healthy snacks provide vitamins and minerals that may be lacking from your main meals. Keep these smart snacking tips in mind the next time you have a "snack attack."

Follow MyPyramid

Choose a variety of nutrient-rich snacks from all five MyPyramid food groups. Here are a few examples:



- Fruits: apple slices, banana, blueberries
- Vegetables: grape tomatoes, carrots, celery sticks
- Meat and beans: hard-cooked egg, black bean salsa, nuts, leftover chicken, hummus
- Milk: low-fat yogurt, low-fat milk, low-fat string cheese
- Grains: whole wheat crackers, oatmeal, leftover rice or pasta



Keep it convenient

Have healthy snacks available and ready to eat. Keep fruit washed and vegetables cleaned and sliced in the refrigerator for easy snacking!

Plan for snacking



Eat snacks two to three hours before mealtime so that you don't ruin your appetite for the next main meal. Snacks are meant to settle your hunger until your next meal, not make you feel full.

When to snack?

Snack only when you're hungry. Avoid snacking when you are just bored or stressed. In those cases, find something else to do like read a magazine or walk around the block.



Go easy on high-fat or sugary snacks

Snacks like chips and candy are okay once in a while, but choose most of your snacks from the five MyPyramid food groups.

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