

# HEALTHY SNACKING 101

Snacking on nutritious foods helps keep your energy level up and your mind focused. Snacks also help children and teens get all the nutrients their growing bodies need. Look for foods that are a good source of complex carbohydrates and fiber (whole grains, fruits and vegetables) and eat them along with foods that are a good source of protein (dairy, meats, nuts and legumes). The combination of carbohydrate and protein will keep you feeling full longer.



## 10 HEALTHY AFTER-SCHOOL SNACKS

- ½ Peanut butter sandwich on whole wheat bread
- Low-sugar, whole-grain granola bars with at least 3 grams of fiber
- String cheese with a small piece of fruit or a few whole-grain crackers
- 4 to 6 ounces low-fat yogurt
- Pretzels and low-fat cheese
- Raw vegetables with ¼ cup low-fat ranch dressing
- 100-calorie pack of low-fat popcorn
- Handful of tortilla chips and salsa
- Handful of unsalted or lightly salted dry-roasted nuts
- Fresh fruit with 2-3 tablespoons low-fat yogurt