

## I'm hungry! What is a healthy snack?

A healthy snack consists of 2 food groups. One food group must be a fruit or a vegetable. Adding a protein to a snack helps to prevent blood sugars from spiking.

<b>Fruit or Vegetable</b>	<b>Protein Includes dairy (Calcium source) or meat or meat alternative group</b>
Strawberries	Greek Yogurt (0% fat)
Apple Slices	1 oz. piece of low fat cheese
Mandarin Orange	1/4 cup of nuts (Remember to count!)
Banana	2 Level Tablespoons of Peanut Butter
Carrot, Celery and Red Pepper Slices	Hummus
Bowl of cereal (3 grams of fiber per serving) plus fruit	Lowfat Milk
Cantaloupe	Piece of low fat deli meat
Grapes	1 mozzarella string cheese
Canned Peaches (packed in their own juice)	Pudding made with lowfat milk
Dried fruit/pretzels	1/4 cup of nuts (Remember to count!)
Large tomato cut into wedges	Low fat cottage cheese
Carrot Sticks and Celery Sticks	Tuna Salad (made with 50% low fat mayo and 50% Greek Yogurt (0% fat))