

BUILD A Balanced Snack

Snacks provide energy and nutrition to keep you fueled and focused throughout the day. The five food groups - vegetables, fruits, grains, protein, and dairy/dairy alternatives - provide unique health benefits that are part of a balanced diet. Try including foods from two or three food groups to create a delicious balanced snack combo.

Food Group	Why Important
Vegetables	Contain key nutrients, like potassium, dietary fiber, folate, vitamin A, vitamin C, and numerous antioxidants
Fruits	Provide essential nutrients, such as potassium, fiber, vitamin C and folate, and numerous antioxidants
Whole Grains	Whole grains are shown to reduce the risk of some diseases and provide complex carbohydrates, dietary fiber, B vitamins and minerals like magnesium and selenium
Protein	Functions as building blocks for bones, muscles, cartilage, skin, and blood. Choose lean animal protein and plant-based options to lower saturated fat intake
Dairy/Dairy Alternatives	Build and maintain strong bones due to containing calcium, Vitamins A & D, phosphorous, riboflavin, protein, potassium, and zinc

Simple Snack Combo Ideas

- Whole Grain Crackers + Avocado + Turkey
- Greek Yogurt + Berries + Granola
- Carrots + Hummus
- Apple + String Cheese
- Tomato + Hardboiled Eggs
- Celery + Peanut Butter + Raisins
- Dried Fruit + Nut + Popcorn Trail Mix
- Tortilla + Banana + Almond Butter
- Granola Bar + Orange Slices



Be Aware of Added Sugar and Salt

When choosing a premade or packaged snack food, be sure to read the nutrition facts label for added sugar and salt. Too much added sugar and salt puts you at risk for disease. Aim for the lowest amount of each when selecting a snack.