



Make Snacks Count

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mini meals.



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Smart Snacking Tips

- Prepare healthy snacks in advance so they are easy to grab and go.
- Have only one or two healthy snacks per day between meals.
- Choose low-fat foods that are rich in fiber and protein.
- Pay attention to serving sizes and keep snacks to a total of 200 calories or less.

Healthy snacking can help you to eat more fruits and vegetables. It can also keep you from eating too much at your meals.

Snacks To Choose

- Low-fat yogurt and fruit
- Crackers with low-fat cheese
- Whole Grain Cereal and Low-fat milk
- Low-fat cottage cheese and fruit
- Unsalted nuts or trail mix
- Celery and peanut butter
- Sliced vegetables with hummus or peanut butter
- Baked tortilla chips and salsa
- Hard-boiled egg
- Whole grain pretzels

Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov



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Smart Snacking Tips

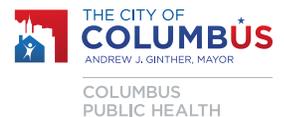
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