



Healthy Snacking With MyPlate

Start *simple*
with **MyPlate**

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



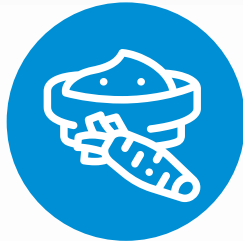
Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.



Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.

**The benefits of healthy eating
add up over time, bite by bite.**

Go to **MyPlate.gov** for more information.



The Nutrition
and Physical
Activity Division