Sensible Snacking

Sensible snacking can and should be part of your healthy eating plan. Plan ahead and choose your snacks wisely so they benefit, not detract from, your nutrient needs!

SNACKING MORE THAN USUAL?

THAT'S OK! The snacking police have no rights in your home. Often our routines can influence our eating patterns. Pay attention to your snacking patterns and hunger cues, and don't judge yourself for having the urge to snack more.

PAY ATTENTION TO PORTIONS

Dish out the serving you want instead of munching straight from the bag.

SNACKS THAT PACK A PUNCH!

Get your one-two-punch of nutrients and fiber when you choose to snack on fulfilling carbohydrates: fruit, vegetables, and whole grains.

Get to PRO level snacker status when you pair PROtein, like nut butter, egg, low-fat cheese or milk, with their carbohydrate counterpart.

ARE YOU....

Team Sweet OR Team Savory

WHAT ARE YOUR GO-TO #TEAMSWEET TOPPINGS?

• Whole Wheat Toast
• Peanut butter
• Banana
• Honey
• Cinnamon

PICK YOUR OWN #TEAMSAVORY INGREDIENTS!

• Whole Wheat Toast
• Cottage Cheese
• Avocado
• Tomato

Which team are you on? Post a photo or video of your food and tag @HealthCorps!