

# Build a better snack with healthy foods

 Foodwise, University of Wisconsin-Extension

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<http://fyi.uwex.edu/foodwise>

**Snacks can help you meet your daily nutrient needs. They can keep your energy high throughout the day. Try a snack from each of the food groups!**

## Fruits and Vegetables:

Has vitamins and minerals your body needs.

- + Peaches
- + Pineapple
- + Strawberries
- + Raisins
- + Mandarin oranges
- + Clementines
- + Dried fruit



- + Broccoli
- + Bell peppers
- + Snap peas
- + Cherry tomatoes
- + Celery
- + Carrots
- + Kale



## Protein:

Keeps your muscles strong.

- + Peanuts and peanut butter
- + Lean white meats such as turkey or chicken
- + Sunflower seeds
- + Pumpkin seeds
- + Hard boiled eggs
- + Hummus



## Whole Grains:

Gives you energy. Helps with digestion.

- + Whole wheat crackers
- + Low-sugar cereal
- + Popcorn
- + Whole wheat or corn tortillas
- + Oatmeal



## Low-fat dairy

Keeps your bones strong.

- + Cottage cheese
- + Yogurt
- + Cheese
- + Milk



## Combine two or more food groups!

- + Cottage cheese with peaches or pineapple
- + Celery with peanut butter and raisins
- + Broccoli, carrots, or snap peas with hummus



- + Layer sliced bell pepper with lean sliced meat and low-fat cheese
- + Yogurt mixed with fruit, nuts, seeds and cereal or granola
- + Quesadillas
- + Cereal with milk and fruit



## Contact your local FoodWise program to learn more:

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Healthy choices, healthy lives.

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