

Munching Matters: The Secret to Healthy Snacking



Do You Want to Know a Secret?

Snacking on delicious fruit and veggies is good for you!

The key to healthy snacking is choosing foods like fruit and veggies that are loaded with important nutrients and most of which are lower in calories and higher in fiber than other foods.

Snacks are a good way to meet your nutritional needs—provided they are snacks that are lower in fat and calories such as fruit and veggies.

It's Easier Than You Think

Fruit and veggies are a great choice for snacks. Did you know that all forms of fruit and veggies count? When you think of snacks, don't just limit yourself to the fresh products. There are many great frozen, canned, dried, and 100% juice options, which makes it so easy to include a colorful variety of fruit and veggies in your diet.

Since fruit and veggies are great sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases, having them available in all forms allows for a wide range of choices. Try:

- **Fresh** veggies with low-fat dip.
- **Frozen** berries for a quick and delicious smoothie.
- **Canned** fruits for a backpack friendly snack.
- **Dried** fruits mixed with nuts to make a great on-the-go snack.
- **100% juice** as an alternative to artificially sweetened beverages containing empty calories.



Maintain a Healthy Weight

Eating fruit and veggies in place of higher-calorie, lower-nutrient foods matters in maintaining a healthy weight and may reduce the risk of many diseases.



Fight Disease

People who eat more generous amounts of fruit and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.



Keep Moving

Regular physical activity is important for your overall health and fitness.



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The Secret to Healthy Snacking



Healthy Snacking at Home and On-the-Go

Don't forget fruit and veggies for healthy snacking! For healthy snacking, fruit and veggies are a great choice. They are a quick and convenient snack because they provide the unrivaled combination of great taste, nutrition, abundant variety, and multiple forms such as fresh, frozen, canned, dried, and 100% juice.

AT HOME

- Keep a few cut-up fruit and veggies in zip-top bags on the lower refrigerator shelves for youngsters to grab.
- Keep fruit handy on the counter.
- Freeze grapes, melon balls, and berries for a quick, cool treat right out of the freezer.
- Serve veggies with a flavorful dip like hummus.

AT WORK

- Keep dried fruit such as apricots, raisins, plums, and figs in your desk for an unplanned 'snack attack.'
- Choose portable fruit and veggie snacks such as baby carrots, bananas, or grape tomatoes.
- Don't forget the office microwave; snacks can be hot veggie soup or a warmed baked apple.

AT SCHOOL

- Buy 100% juice at the cafeteria or concession stand.
- Keep a snack-pack of canned or dried fruit in your locker or backpack to satisfy that sweet tooth.
- Pack veggies that won't get squashed such as cucumbers, zucchini, cauliflower, and radishes. Bring hummus or a spicy tomato salsa for dipping.

Fruit and Veggie Snacks with a Twist



BANANA TORTILLA TREAT

On a whole-wheat tortilla, spread peanut butter and sprinkle with low-fat granola. Place a whole, peeled banana on the tortilla and roll for a great after-school snack!



FRUIT SMOOTHIE

Blend 100% orange juice, a whole peeled banana, and low-fat or fat-free vanilla yogurt until smooth. Sprinkle with cinnamon for a tasty, quick treat.



CUCUMBER DIP

Make a yummy dip by mixing peeled, sliced cucumbers, low-fat or fat-free plain yogurt, and fresh dill. Serve with crunchy veggies like carrots or bell peppers cut into strips.

Colorful Fruit and Veggies and Health



Snacks are a quick and healthy way to include more colorful fruit and veggies in your diet.

It is important to have a colorful variety of fruit and veggies every day. Snacking on fruit and veggies of different colors—red, dark green, yellow, blue, purple, white, and orange—provides the broadest range of nutrients.

Colorful fruit and veggies are great sources of vitamins and minerals that can help protect your health such as fiber, potassium, magnesium, vitamin A, and vitamin C. Why not choose a snack that is both nutritious and delicious? Choose fruit and veggies.



MIX IT UP . . .

Get the whole family involved and have them create their own 'customized' brand of trail mix. Provide various dried fruits, nuts, and whole-grain cereals. Make a big batch and portion in small on-the-go bags or containers.



PERFECT COMBO . . .

Canned fruit on cottage cheese is a refreshing snack anytime. Choose peaches, pears, fruit cocktail, or pineapple.



WRAP IT UP . . .

Spread some spicy hummus on a whole-wheat tortilla. Add some thinly sliced bell peppers, tomatoes, summer squash, and cucumber. Roll it up and off you go!



CHILL OUT . . .

Keep 100% frozen juice pops on hand for a quick, cool treat. Try your hand at making your own!