



CHOOSING HEALTHY SNACKS

Staying home often means more snacking. That's OK—snacks are an important part of a healthy diet. They help you and your child avoid being overly hungry, which prevents overeating or poor food choices. But picking healthy snacks can be hard. The solution is to plan ahead.

Here are some healthy snack choices:

- ☑ Fresh or precut fruit and vegetables
- ☑ Whole-grain cereal with low-fat milk or plant-based milk beverages such as almond or soy milks
- ☑ Peanut butter on celery, whole-grain toast, or apple slices
- ☑ Low-fat yogurt with fruit and granola
- ☑ Fruit smoothie with fresh fruit, low-fat yogurt, and a small amount of 100-percent fruit juice
- ☑ Whole-grain crackers, pita triangles, or cut veggies with hummus
- ☑ Low-fat popcorn or string cheese
- ☑ Trail mix with whole-grain cereal, pretzels, nuts, and seeds
- ☑ 1 oz. of nuts or a handful of almonds (about 23) a day

Stay on track by planning and portioning your healthy snacks into plastic bags or containers ahead of time. That way, they're ready to go when hunger hits.

Source: UPMC MyHealth Healthy Families Program Workbook. UPMC Health Plan Inc. Pittsburgh, PA: UPMC Health Plan Inc; 2018.

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