

HEALTHY SNACK Day

HEALTHY SNACK CHOICES

Hungry? Choose foods that are not only nutritious but taste great too.

CRAVING SOMETHING SAVORY?

Packed with protein and great on-the-go.

OR TRY: Air popped popcorn, hard boiled eggs, veggies and dip, avocado on crackers, tuna salad on cucumber rounds, string cheese.



CRAVING SOMETHING SWEET?

Filling and loaded with nutrients.

OR TRY: Fruit skewers, frozen grapes, oatmeal and low-fat yogurt, banana nut butter roll-ups, air popped popcorn with dried fruit pieces.



CRAVING SOMETHING SPICY?

Full of freshness, flavor AND fiber.

OR TRY: Spicy salsa, roast peppers, spicy guacamole, chili edamame, wasabi tuna salad on cucumber rounds, fruit skewers with chili lime seasoning.

