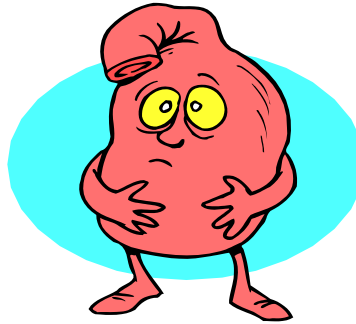


WHY DO WE NEED SNACKS?

To fill those stomachs!



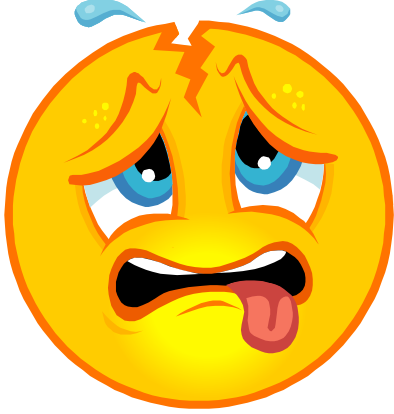
How big is your stomach?

**Healthy snacks
give your body energy**
during the day to get you
to your next meal.



Revised July 2013

WITHOUT SNACKS YOU MAY NOT FEEL RIGHT



Headaches

Feel
Anxious

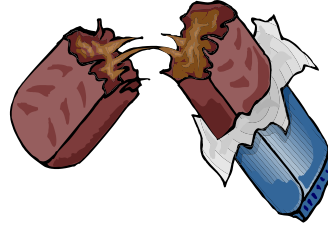


Tired and cannot concentrate

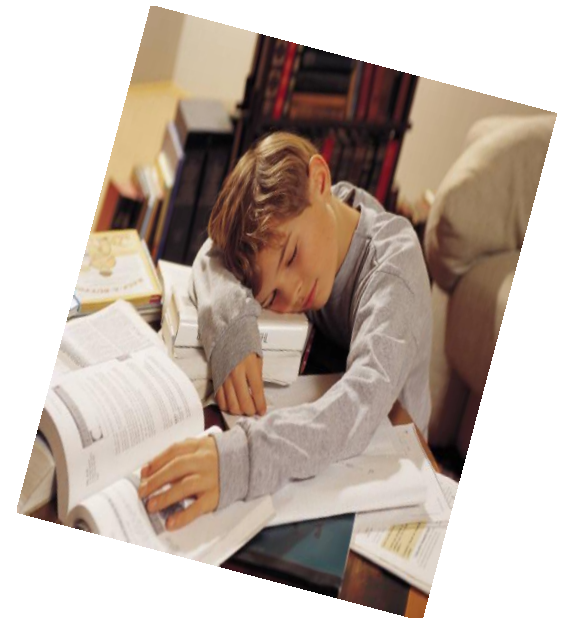


Angry

ARE THESE HEALTHY SNACKS?



**These are
Slow Foods!
They
Do Not Help
Your Body!**

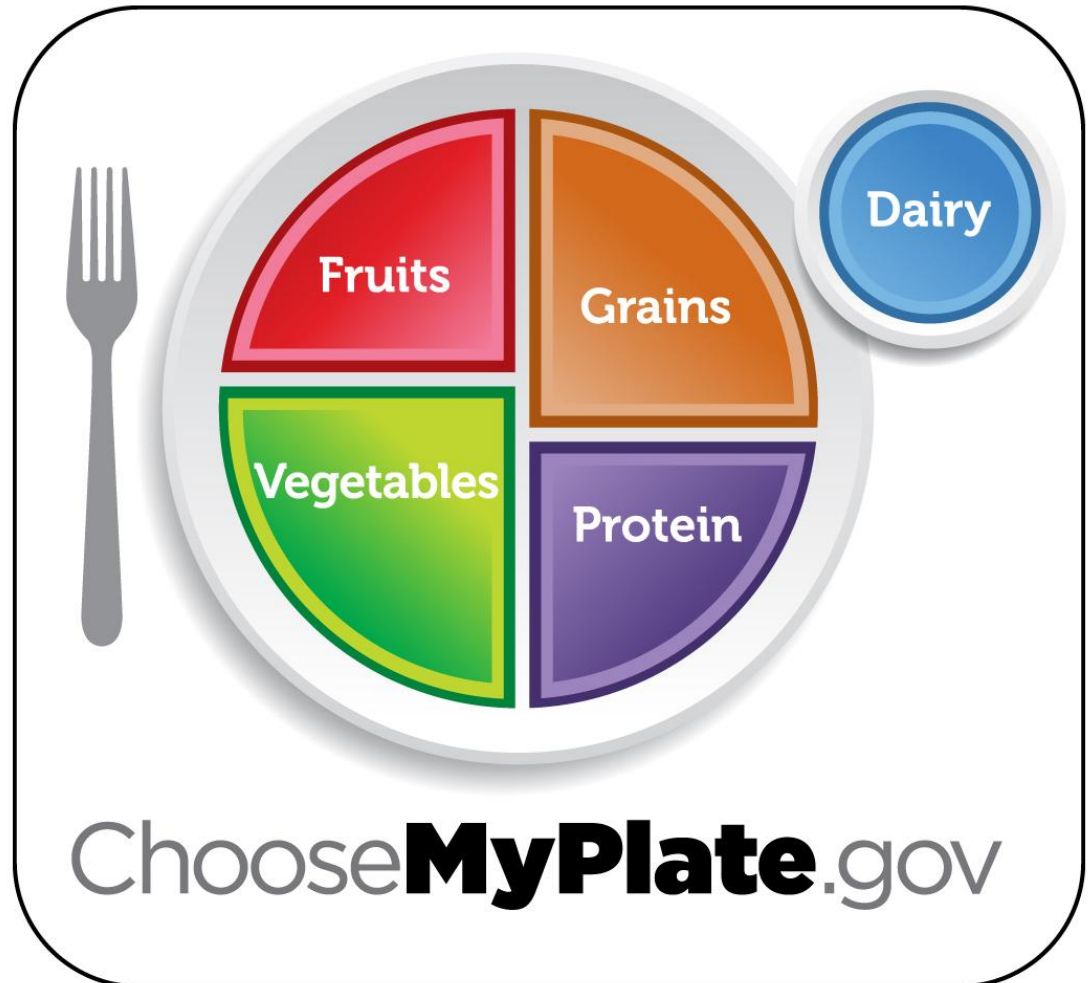


HEALTHY SNACK CHOICES

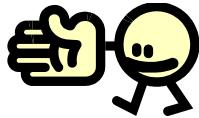


- Fruits
- Vegetables
- Nuts
- Seeds
- Whole Grains
- Yogurt
- Cheese

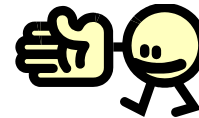
Choose foods from
MyPlate



HOW BIG SHOULD YOUR SNACK BE?



Two Handfuls



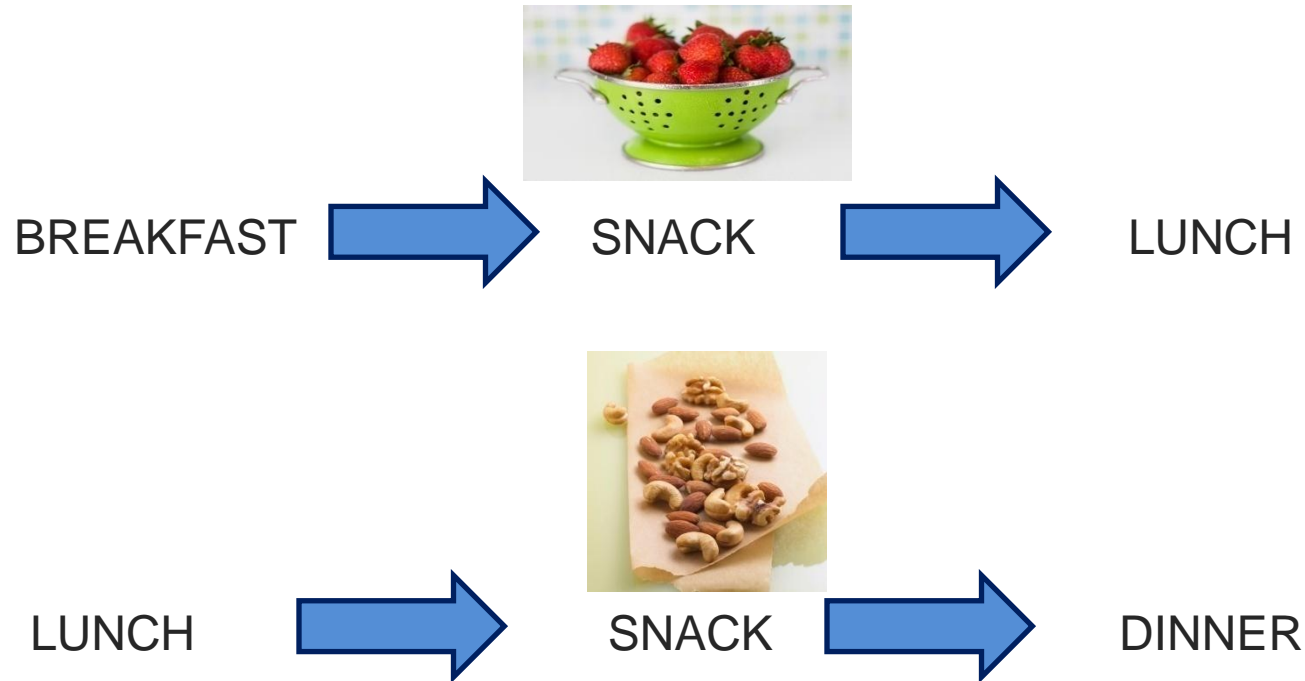
How many snacks should
you have a day?

2

- unless you are really, super duper active, then you may need 3.

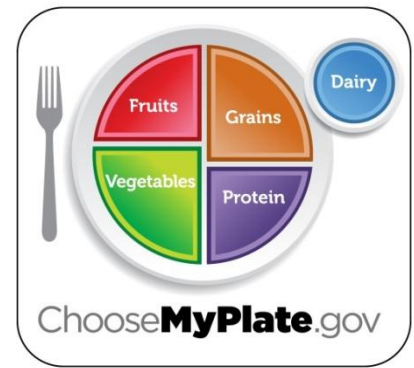
WHEN SHOULD YOU SNACK?

When you get hungry between meals....



Sensational Snacks!

Two handfuls
At Least Two Food Groups



Fruits

Vegetables

**Whole
Grains**

Protein

Dairy



Eating Right and Feeling Good!

