

## Snacks...Fast, Fun, Flavor

Stomach growling? Try no-hassle, good-for-you snacks. Circle ones you'll try. Jot down your own ideas, too. Can you figure out what food groups they fit in?

### Ultra easy, no fuss

- ❖ Baby carrots
  - ❖ Yogurt topped with your favorite fruit
  - ❖ Whole fruit
  - ❖ Baked tortilla chips (or sliced cucumber or jicama) with salsa
  - ❖ Frozen fruit-juice bar
  - ❖ Cereal topped with low-fat milk or yogurt
  - ❖ Handful of pretzels or peanuts
  - ❖ String cheese
  - ❖ **Your ideas:**
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### A little more effort

- ❖ Sliced fruit and dip (yogurt and chopped nuts)
  - ❖ Peanut butter and banana slices rolled in a flour tortilla
  - ❖ Leftover chili in a pita pocket; leftover rice and beans in a flour tortilla
  - ❖ Bagel half topped with cheese or lean meat
  - ❖ **Your ideas:**
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### Easy, not much to do

- ❖ Cut-up fruit in an unsugared ice cream cone
  - ❖ Two or more fruit juices mixed together
  - ❖ Low-fat ice cream sandwich made with oatmeal cookies
  - ❖ Microwaved noodle soup with corn or other vegetables mixed in
  - ❖ Sliced fruit mixed in a single-serving pudding cup
  - ❖ **Your ideas:**
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### Try this!

If you snack on foods with some fat or sugar, keep the amount sensible. Share with a friend. Eat them less often. Skip the urge to eat from the container, and serve your snack on a plate/bowl to control how much you eat. Pick a special plate/bowl that will make snack time even more enjoyable.

Adapted from *The Power of Choice Leader's Guide*

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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