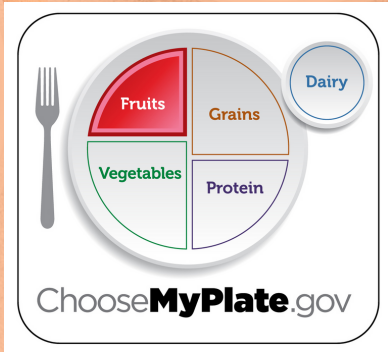




Get Cooking: **SNACKING SAVVY** Snack Ideas

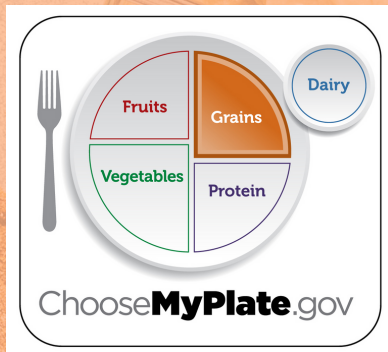
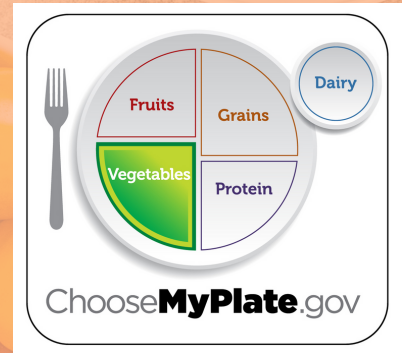
Fresh, frozen, dried, or canned (in 100% fruit juice or water)



- ORANGES
- APPLES
- GRAPES
- PEACHES
- BERRIES
- BANANAS
- PEARS
- PINEAPPLES
- APPLESAUCE
- MELONS
- FRUIT COCKTAIL
- RAISINS
- DRIED APRICOTS
- PRUNES
- 100% FRUIT JUICE

- DARK GREEN VEGETABLES
 - BROCCOLI
 - LEAFY GREENS
- RED & ORANGE VEGETABLES
 - PEPPERS
 - CARROTS
 - TOMATOES
 - SWEET POTATOES
- BEANS & PEAS
 - DIPS FOR VEGETABLES
 - HUMMUS (GARFANZO BEANS)

- STARCHY VEGETABLES
 - GREEN PEAS
 - CORN
 - WHITE POTATOES
- OTHER VEGETABLES
 - MUSHROOMS
 - ONIONS
 - SUMMER SQUASH
 - CUCUMBER
 - CAULIFLOWER
 - CELERY

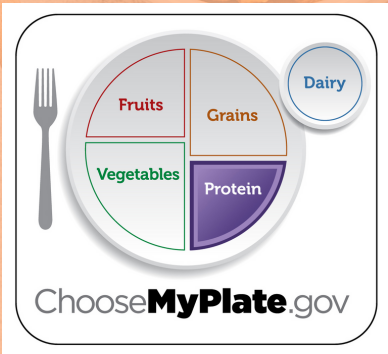


- WG BAGELS
- WG BREADS FOR SANDWICHES
- WG CRACKERS
- WG PASTA SALADS
- WG CEREALS
- BROWN RICE POWER BOWL
- OATMEAL
- WG MUFFINS
- RICE CAKES
- POPCORN



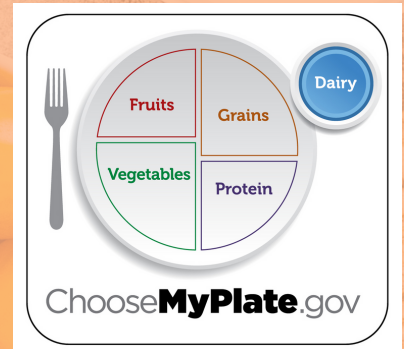


Get Cooking: **SNACKING SAVVY** Snack Ideas



- LOW-SODIUM LUNCH MEATS
- UNSALTED NUTS
- BOILED OR COOKED EGG ON SALAD
- SEEDS (SUNFLOWER, PUMPKIN, SQUASH SEEDS)
- BEAN DIPS
 - HUMMUS
- FALAFELS
- TEMPEH
- WHOLE BEANS
- PEANUT BUTTER

- MILK (LOW-FAT, FAT-FREE)
- YOGURT (GREEK)
 - AVOID YOGURTS PACKED WITH A LOT OF SUGAR
- FROZEN YOGURT
- PUDDINGS (CHECK SUGAR & FAT CONTENT)
- SOYMILK
- HARD CHEESES
 - CHEDDAR
 - MOZZARELLA
 - SWISS
 - PARMESAN
 - COTTAGE CHEESE



FOR SNACK RECIPES VISIT:

WWW.CHOOSEMYPLATE.GOV/MYPLATEKITCHEN

RECIPE DEMOED TODAY: FRUITY THAI PITA POCKETS