



### Enjoy the Taste

### Energize with Healthy Snack Ideas

The month of March theme is about enjoying taste while eating right. That includes snack choices from the fruit, vegetable, grain, protein and dairy MyPlate food groups. Think of snacks as mini meals that boost energy and offer nutrients in-between. Use new flavors and combinations of foods to make your snacks interesting, enjoyable and healthy.

#### Try these healthy snack ideas that will please kids and adults alike!

- Mix together fat-free cream cheese, dried fruit bits and unsalted, sunflower seed kernels. Spread on a toasted, whole grain English muffin.
- Mix a can of fat-free refried beans with ½ cup salsa. Use as a dip for baked tortilla chips.
- Spread peanut butter on apple and pear slices.
- Make snack kabobs spearing cubes of low fat cheese and grapes on pretzel sticks.
- Make a mini sandwich with canned chicken or tuna, tomato slices and lettuce on a whole grain dinner roll.
- Sprinkle grated Parmesan cheese on hot, low fat microwave popcorn.
- Peel a banana, dip in low fat, vanilla yogurt and roll in crushed cereal. Freeze and then eat!
- Dip raw veggies (celery, carrots, cherry tomatoes, cauliflower) in hummus dip (chickpea spread).
- Spread fat-free cream cheese on a whole grain flour tortilla. Fill with chopped apples and nuts. Sprinkle with cinnamon, then roll and eat.

#### Select a Challenge goal to help you eat tasty and nutritious snack choices:

- Use one or two of the snack ideas above to try this week. Share with a family member or friend.
- Put a list of your favorite snack combinations on the refrigerator or cupboard to remind you of quick, healthy snacks to eat.
- Plan and prepare your snacks ahead of time this week in order to eat healthier choices instead of quick vending machine or convenience store options. Package individual servings of crackers, nuts, and dried fruits in baggies. Cut up veggies and fruits to have ready in the refrigerator.
- Write your own *Challenge* goal. \_\_\_\_\_

