

## Snacks That Pack a Punch

Breakfast, lunch and dinner aren't the only times that we can get important nutrients. With all of the things that we do all day, snacks can help to fuel our busy bodies. Eating something nutritious every few hours during the day is a great way to keep your energy level up. Healthy snacks can help to fill the sometimes long time between meals. To make sure that your snacks pack a healthy punch, follow these tips:

- ▶ The first thing you need to do is to change the way you think of snacks. Foods called "snack food" tend not to make the best snacks. Typical packaged snack foods tend to have very few good nutrients and are usually loaded with things that we really don't need.
- ▶ When it comes to healthy snacks, fresh, whole foods are your best bet. Whole fruit is a perfect example. They are delicious, don't have to be cooked, and often come in their own package that makes them easy to carry around. An orange or a banana in your backpack can be a fabulous pick-me-up in between classes or after school.
- ▶ Keep snacks snack-sized. Too many of the packaged snacks around today are in "jumbo" or "value" sizes that are way bigger than a healthy snack should be. A healthy snack will be just big enough to hold you over until your next meal, but not so big that you feel stuffed after eating it.
- ▶ Don't forget the veggies! Raw vegetables can make a great snack that pack a big nutrition punch.

### Other Healthy Snack Ideas:

- ▶ Yogurt cups, tubes or smoothies
- ▶ Dried fruit
- ▶ Granola or trail mix
- ▶ Cut-up veggies with dip
- ▶ Whole grain crackers and cheese
- ▶ Air-popped popcorn
- ▶ Mini-sandwiches

