





BPS Youth Nutrition Update

Provided by UMass Extension Nutrition Education Program

Healthy Snacks for You and Your Family

-  You should have healthy snacks everyday at home and school.
-  Choose a snack halfway between your meals.
-  Healthy snacks help curb hunger between meals.
-  Healthy snacks give you energy so you can learn and play.

**There are so many healthy snacks to choose from!
Circle all the crunchy, smooth, and sweet snacks you will try.**

CRUNCHY



1/2 - 1 cup cereal



15 mini pretzels



12 mini carrots



1 cup light popcorn

SMOOTH



6—8 oz yogurt



1 stick string cheese



4 oz pudding

SWEET



1 medium Apple



1 medium Banana



1 medium Orange



15 grapes



1/2 - 1 cup berries



This material was provided by the UMass Extension Nutrition Education Program with funding from USDA's Food Stamp Program. The Food Stamp Program helps low-income people buy the food they need for good health. It can help you buy nutritious food and stretch your food dollars. For more information, call 1-800-249-2007. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations or the UMass Extension Director if you have complaints related to discrimination, 413-545-4800.



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