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extension

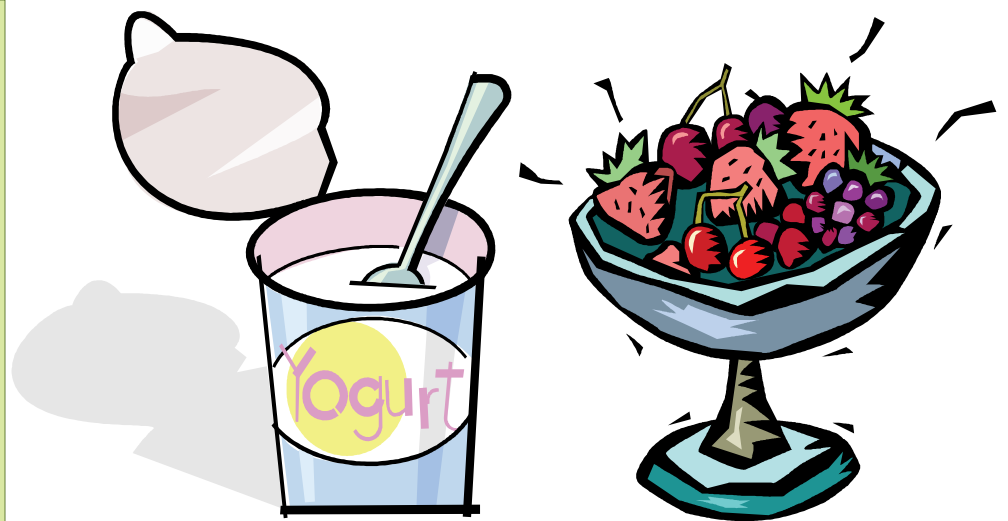
# Healthy Eating

## Snack Tips and Ideas

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Based on information  
from the Academy of  
Nutrition and Dietetics,  
and Tuft's University  
Nutrition and Health  
Newsletter

Contact your local office at



- **Choose snacks from all the food groups in MyPlate**
- **Serve the correct portion sizes**
- **Have set snacking times**
- **Don't snack too close to a meal**
- **Keep sugar intake low**
- **Have a fruit bowl on the table and cut vegetables in the refrigerator**

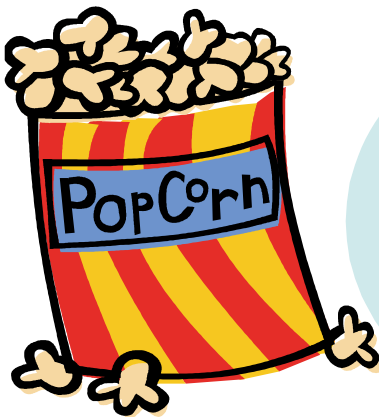
## Under 100 Calories

- \* 2 tablespoons of hummus with 1 cup of fresh vegetables
- \* 100 calorie pack of popcorn
- \* Chocolate pudding cup topped with 1 crushed graham cracker
- \* 1/2 cup of edamame (green soy beans) in shell
- \* 1 ounce of pretzels
- \* 1 cup of strawberries and 2 tablespoons of fat free whipped topping
- \* 100 calorie Greek yogurt cup
- \* 1 fresh peach, apple, pear, orange



## \* 100-200 Calories

- \* 1 medium apple and 1 tablespoon of peanut butter
- \* 1 cup of grapes and 11 almonds
- \* 1/2 cup of lemon sorbet and 3/4 cup of raspberries
- \* 5 Hersey's Special Dark kisses
- \* 1 cup of strawberries dipped in two tablespoons of chocolate syrup
- \* 10 reduced fat wheat thins and 1 mozzarella cheese
- \* Frozen banana, sliced
- \* 49 pistachios and 1/2 fresh fruit
- \* 1 ounce baked chips and 1/2 cup of salsa
- \* 1/4 cup of guacamole and 1 sliced bell pepper



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