

Healthy Snacking. In a Nutshell.

Healthy Snacks can be found in all
food groups!



Can you name the five food groups?

1

2

3

4

5

What is a Nut?

A Nut is:

- Food
- High in protein for strong muscles
- High in healthy fats
- High in vitamin and minerals we need
- Can be used in lots of recipes
- Loved by people all over the world
- AND

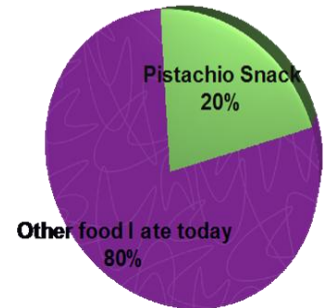
How Pistachios Stack Up

Protein

- Pistachios have
6 grams of protein

–The average 3rd grader needs
about 30 grams a day

- Here's what that looks
like:



YUMMY!

My Favorite Healthy Snacks (draw and color)

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COLORING CORNER:



Image obtained from www.handipoints.com

RECIPE CORNER:

Trail Mix My Way

Ingredients:

¼ cup raisins

¼ cup pistachios

¼ cup oat cereal

¼ cup surprise! (Healthy snack of *my* choice!)

Instructions:

Place all ingredients in a bowl and share with some friends!



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