

Healthy Snacking. In a Nutshell.

Why Should You Snack Smart?

Many popular snacks also have health benefits that you need!

Snack	Nutrients	Benefits
Peanut Butter and Banana	Manganese, Folate, Protein, Niacin, Vitamin C, Fiber, Potassium	Important for healthy eyes and strong muscles; increased feeling of fullness; heart-healthy
Greek Yogurt and Blueberries	Vitamin A, Calcium, Protein, Vitamin C, Manganese, Fiber	Important for healthy eyes, hair, nails, skin, strong bones; heart-healthy; rich in disease-fighting antioxidants
Hummus and Baby Carrots	Manganese, Folate, Fiber, Protein, Copper, Phosphorus, Iron, Vitamin A, Vitamin K, Vitamin C, Potassium, Magnesium	Supports healthy digestion; increased feeling of fullness; important for healthy vision
Pistachios and Apple	Phosphorus, Potassium, Vitamin B6, Fiber, Protein, Vitamin C	Increased feeling of fullness, cancer-fighting properties; heart-healthy
Low-fat Cottage Cheese with Red Peppers	Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Protein, Calcium, Fiber	Important for strong muscles and bone health; important for healthy vision
Snack Mix with Nuts, Oats, and Dried Cranberries	Manganese, Vitamin E, Vitamin C, Vitamin K, Magnesium, Protein, Selenium, Tryptophan, Fiber	Increased feeling of fullness; important for strong muscles; supports healthy digestion