

# Healthy Snacking. In a Nutshell.

## Why Should You Snack Smart?

*Many popular snacks also have health benefits that you need!*

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