Snacking Activity

Portable Snacks
Using what you learned today, list five healthy snacks that you can keep with you in the car, take to work, or keep in your gym bag. Each snack should include one or two food groups and have less than 200 calories.

1. ______________________________________________________
   ______________________________________________________
2. ______________________________________________________
   ______________________________________________________
3. ______________________________________________________
   ______________________________________________________
4. ______________________________________________________
   ______________________________________________________
5. ______________________________________________________
   ______________________________________________________

Cooler Snacks
List three snacks you could put in the cooler and take on a trip, field game, etc. Follow the same snacking rules: one or two food groups with less than 200 calories total.

1. ______________________________________________________
   ______________________________________________________
2. ______________________________________________________
   ______________________________________________________
3. ______________________________________________________
   ______________________________________________________
There’s more to nuts than you think!

• Omega-3 fatty acids
• Fiber
• Vitamin E
• Plant sterols
• L-arginine
• Antioxidants

Healthy snack rules for adults:

• 1-2 snacks a day
• Under 200 calories for average adult