



Nutrition Tips for Smarter Snacking

Be intentional with your snack choices. Whether you're hungry and won't be able to eat for a couple of hours or you just have a craving, these tips can help you balance your snacks.

Plan & Prep Tips:

1

Balance

Have a mix of healthy fats, protein, & carbohydrates by eating 2 or more food groups.

2

Increase Fiber

Fill up with higher fiber fruits, veggies, and whole grains.

3

Plan Ahead

Plan your snacks like you would plan your meals. Keep tasty & nutritious options on hand.

4

Moderation

Be intentional with your choices. If you're craving something indulgent, enjoy it in moderation.

When You're Hungry, but Your Meal is Hours Away

Get a mix of nutrients in your snack by choosing from 2 or more food groups.

Filling Comfort

Campbell's® Sipping Soup, Classic Tomato Soup
+
Small handful of nuts

On-The-Go Snacking

Yogurt
+
Trail Mix

Get Your Greens In

Avocado Toast using *Pepperidge Farm*®
100% Whole Wheat bread topped with arugula
+
Low Sodium V8® Vegetable Juice

Snack-Size Pizza

Whole wheat English muffin or pita bread topped with
Prego® Italian Sauce
+
1oz Part-skim mozzarella, topped with veggies & toasted

Be Ready with Convenient Options

Sometimes you just want to indulge, and that's okay! Pair your sweet or savory craving with something nutritious to balance out your snack.

- *Late July*® Organic Tortilla Chips & veggies paired with a homemade dip of *Pace*® Salsa & plain Greek yogurt
- *Snack Factory*® Pretzels Crisps & apple slices dipped in peanut butter
- Yogurt parfait with yogurt, berries, & *Goldfish*® Grahams
- *Milano*® or *Pepperidge Farm Farmhouse*® cookies paired with fresh seasonal fruit
- Personalized trail mix using your favorite dried fruit, nuts, & seeds

Shopping List

Produce

- Cucumbers
- Sweet Bell Peppers
- Baby Carrots
- Cherry Tomatoes
- Apples
- Oranges
- Avocado
- Bananas
- Berries
- Arugula

Center Aisle Foods

- Dried Fruit
- Nuts
- Late July*® Tortilla Chips
- Pace*® Salsa
- Goldfish*® Baked with Whole Grain Crackers
- Goldfish*® Grahams
- Snack Factory*® Pretzel Crisps
- Milano*® or *Pepperidge Farm Farmhouse*® Cookies
- Sunflower Seeds
- Peanut Butter
- V8*® 100% Vegetable Juice
- V8*® Fruit & Vegetable Blends 100% Juice
- Prego*® Italian Sauce

Breads

- Whole Wheat English Muffins
- Pepperidge Farm*® Whole Grain Bread

Dairy

- Low-fat Mozzarella Cheese
- Low-fat Greek Yogurt