



10 tips for making great tasting snacks



If you're a budding chef, it's easy to create a great tasting snack! Below are some quick ideas that you can make on your own.

create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.

make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

¬ jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



make a fruit sandwich



Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.



pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

freeze your fruit

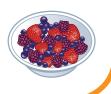
For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

n build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.





United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

MP4K-1 (8-12 years old) May 2013 Center for Nutrition Policy and Promotion USDA is an equal opportunity provider and employer.