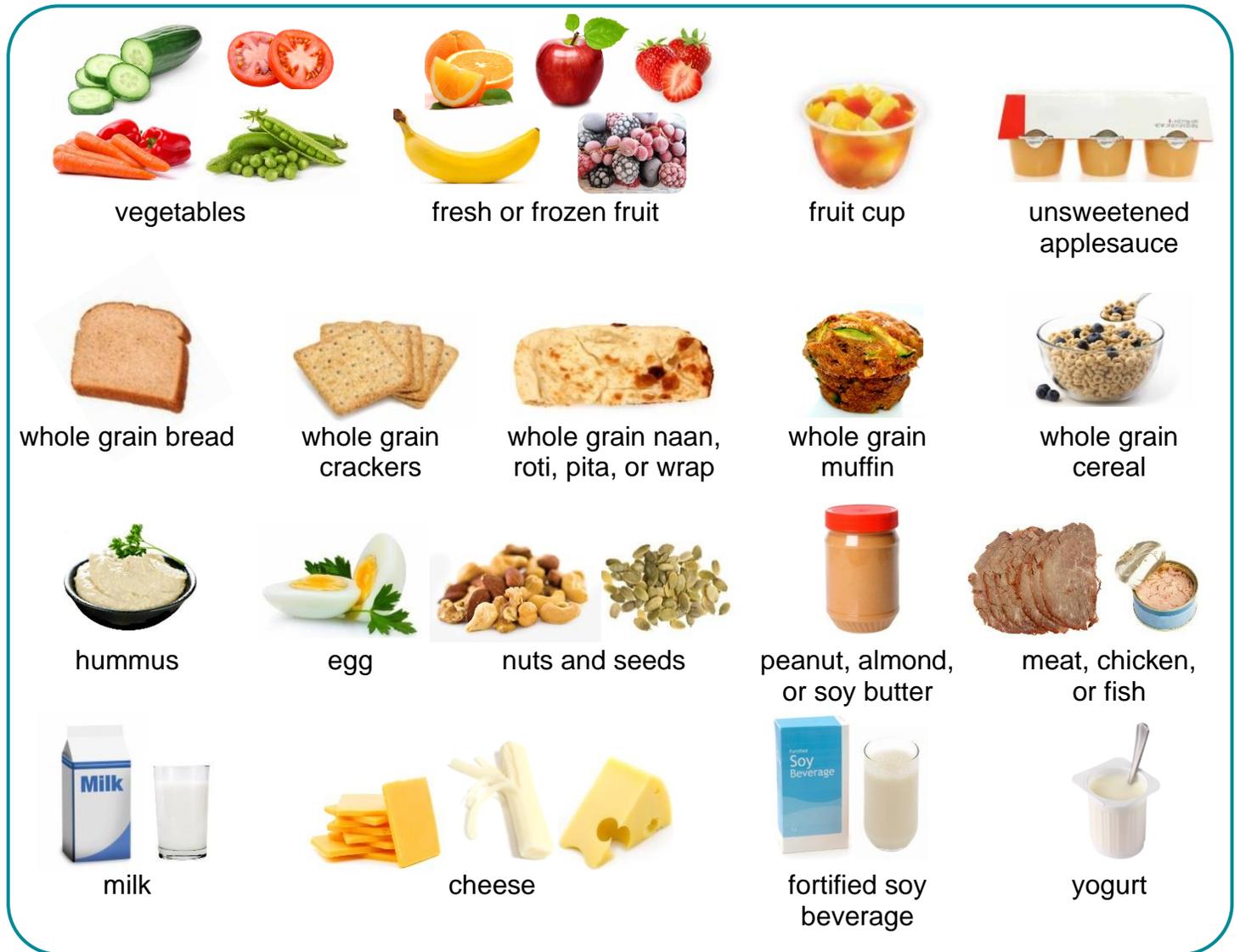


Snacks

Choose healthy snacks every day.

These foods contain many nutrients. Choose one or more foods to make a snack.



Choose:

- water when you're thirsty
- vegetables and fruit instead of juice

Snack ideas



+



+



=



frozen berries

yogurt

cereal

parfait



+



+



=



cucumbers

tuna

crackers

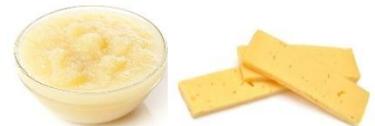
cucumbers, tuna,
and crackers



+



=



applesauce

cheese

applesauce and cheese



+



+



=



carrots and celery

hummus

pita

vegetables, hummus,
and pita



+



=



banana

peanut butter

banana and
peanut butter

For more snack ideas and recipes go to www.ahs.ca/recipes.