Choose snacks from all the food groups in MyPlate

Serve the correct portion sizes

Have set snacking times

Don’t snack too close to a meal

Keep sugar intake low

Have a fruit bowl on the table and cut vegetables in the refrigerator
Under 100 Calories
- 2 tablespoons of hummus with 1 cup of fresh vegetables
- 100 calorie pack of popcorn
- Chocolate pudding cup topped with 1 crushed graham cracker
- 1/2 cup of edamame (green soy beans) in shell
- 1 ounce of pretzels
- 1 cup of strawberries and 2 tablespoons of fat free whipped topping
- 100 calorie Greek yogurt cup
- 1 fresh peach, apple, pear, orange

100-200 Calories
- 1 medium apple and 1 tablespoon of peanut butter
- 1 cup of grapes and 11 almonds
- 1/2 cup of lemon sorbet and 3/4 cup of raspberries
- 5 Hersey’s Special Dark kisses
- 1 cup of strawberries dipped in two tablespoons of chocolate syrup
- 10 reduced fat wheat thins and 1 mozzarella cheese
- Frozen banana, sliced
- 49 pistachios and 1/2 fresh fruit
- 1 ounce baked chips and 1/2 cup of salsa
- 1/4 cup of guacamole and 1 sliced bell pepper