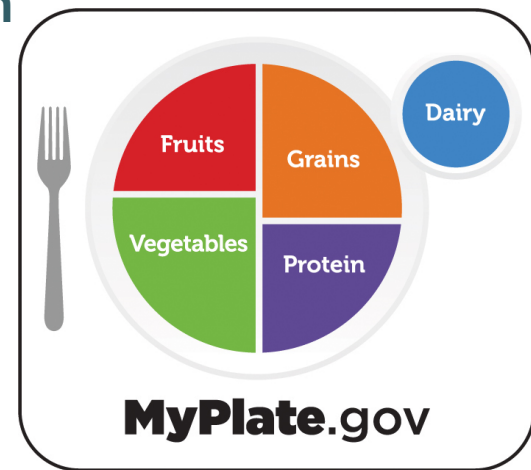


6 MyPlate Snack Tips



1. BUILD YOUR OWN

Make your own snack mix with unsalted nuts and add-ins such as seeds, unsweetened cereal, raisins or other dried fruit, and plain popcorn.



Mixed Nut & Dried Fruits

2. PREP AHEAD

Wash and cut up fresh vegetables and portion them into reusable containers so they're ready to grab-and-go. Many veggies can be prepped like this.



Yogurt With Fruits



Fruit & Nut Granola

3. MAKE A COMBO

Combine food groups to build satisfying snacks.

- Yogurt + berries,
- Apple + nut butter
- Whole grain crackers + turkey & avocado.
- Be creative!

4. CHOOSE VIBRANT VEGGIES

Colorful and crunchy raw vegetables are a healthy choice.



Veggies with Dip

- Broccoli
- Zucchini sticks
- Baby carrots
- Hummus
- Guacamole
- Low-fat yogurt sauce

5. WASH & ENJOY!

Fresh fruit makes a great go-to snack when you are looking for a quick sweet treat. Apples, mandarin oranges, pears, grapes, and bananas are always easy and fast.



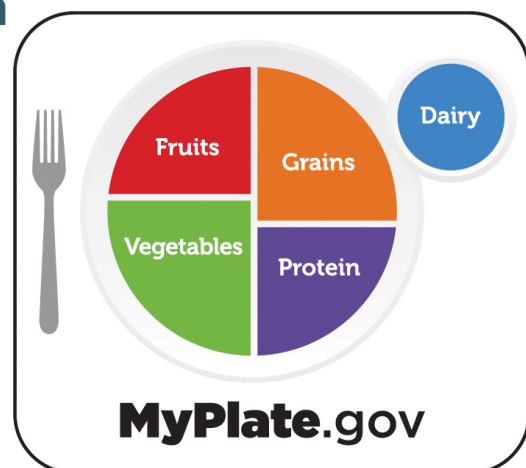
6. KEEP OPTIONS HANDY

Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.

WANT MORE INFO? CONTACT LUCILLE TANG, NUTRITION EDUCATOR AT LT383@CORNELL.EDU
INFORMATION SOURCED FROM USDA AND MYPLATE.GOV

Make your Own - Trail Mix

**CHOOSE YOUR OWN INGREDIENTS!
THEN MIX & ENJOY!**



CRUNCHY!

4 cups combined of any...

- Popcorn
- Granola
- Cereal



These whole grains boost your fiber. Choose unsweetened or unsalted - plain is best!

NUTTY

1 cup combined of any...

- Pecans
- Almonds
- Cashews
- Pine Nuts
- Walnuts
- Pistachios



Nuts are loaded with healthy fats - boosting brain power and giving you long lasting energy. Feeling fancy? Roast them for a deeper flavor!

FRUITY!

1 cup combined of any...

- Dried Raspberries
- Dried Blueberries
- Dried Mangos
- Dried Apricots
- Banana Chips
- Raisins

Fruits are chewy & sweet! Check the label and reach for no-added sugar options.

FUN!

1/2 cup combined of...

- Chocolate Chips
- Shredded Coconut
- M&Ms
- Cheez It Crackers



Use your imagination - What would you like to add to your trail mix?!

TODAY WE'RE TRYING...

- 4 c Popcorn
- 1 c Dried Cranberries
- 1/2 c Almonds, Sliced
- 1/2 c Walnuts, Crushed
- 1/2 c Milk Chocolate Chips



Save \$\$\$ by popping your own popcorn!

Toss together 1/4 c of kernels and 1/2 tsp of oil. Place in a paper bag and microwave for 3 minutes for 4 cups of popcorn!