



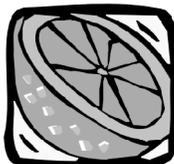
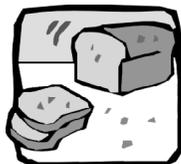
# Choosing Healthy Snacks

## Snack Ideas from the Food Guide Pyramid

Choose snacks that help you get the suggested number of servings from each major food group. Most people need to choose more fruits and vegetables! What about you?

### Bread, Cereal, Rice, & Pasta Group

- bread sticks
- cereal, hot or cold
- cornbread
- crackers
- graham crackers
- muffin
- pita bread wedges
- plain popcorn
- rolls
- tortilla
- whole grain bread or toast



### Vegetable Group

- broccoli or cauliflower pieces
- carrot or celery sticks
- cucumber or tomato wedges
- green pepper rings
- salsa
- tossed salad
- sweet potato or turnip strips
- vegetable juice
- zucchini slices

### Fruit Group

- apple wedges
- banana or pineapple chunks
- berries
- dried fruits (apricots, raisins or other fruit)
- frozen fruit juice bar
- fruit salad
- grapes or cherries
- juice
- mango or melon wedges
- nectarine or peach slices
- orange or grapefruit section

### Milk, Yogurt, & Cheese Group

- low-fat cheese
- low-fat yogurt
- pudding made with skim or low-fat milk
- frozen yogurt or ice milk

### Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

- bean dip
- bean soup
- hard-cooked eggs
- tuna, chicken or ham salad
- meat slices or wedges
- peanut butter

Adapted from the third edition (1995) of "Eating Right is Basic", developed by Michigan State University Extension. Adapted for use in Florida by Glenda L. Warren, M.S., R.D., CFCS, Associate Professor, Eextension Nutritionist—EFNEP, Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, Florida 32611- 0310. Publication date: November 2000. First published: September, 1997.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean.

## List ten snacks you eat.

Check here

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

### Snack ideas for under 100 calories each:

- 1 cup melon balls topped with ¼ cup low-fat vanilla yogurt
- 4 cups air-popped popcorn
- 1 graham cracker and ½ cup skim milk
- 10 carrot sticks and 1 tablespoon low-fat ranch dressing
- 1 cup of tomato soup

On your snack list put a **check** in front of each of the snacks from one or more of the five food groups on the bottom three levels of the Food Guide Pyramid. Put an **X** if your snack is from the tip of the pyramid.

### CHOOSE FOODS FROM EACH OF THE FIVE FOOD GROUPS

The Food Guide Pyramid illustrates the importance of balance among food groups in a daily eating pattern. Most of the daily servings of food should be selected from the food groups that are the largest in the picture and closest to the base of the Pyramid.

- Choose most of your foods from the grain products group (6-11 servings), the vegetable group (3-5 servings), and the fruit group (2-4 servings).
- Eat moderate amounts of foods from the milk group (2-3 servings), and the meat and beans group (2-3 servings).
- Choose sparingly foods that provide few nutrients and are high in fat and sugars.

Note: A range of servings is given for each food group. The smaller number is for people who consume about 1,600 calories a day, such as many sedentary women. The larger number is for those who consume about 2,800 calories a day, such as active men.

### The Food Guide Pyramid

A Guide to Daily Food Choices

