

Smart Snacking

Snacking can help satisfy hunger in between meals; smart snacks include at least two food groups.

Create your own smart snack by choosing one food from each of the food tables below!

Fruits, vegetables, and whole grains give us energy, vitamins, minerals, and fiber!

Air-popped popcorn
Corn tortilla chips
Fruits: apples, oranges, strawberries, etc.
Graham crackers
Granola
Pretzels
Salsa
Vegetables: baby carrots, cherry tomatoes, cucumbers, etc.
Whole grain crackers
Whole wheat bread
Whole wheat tortillas

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

Portion sizes are not how much you 'should' consume. They are based on how much someone would typically consume.

Protein, dairy, and healthy fats keeps us full longer, makes our bones strong, and keeps our hearts healthy!

Avocado or guacamole
Bean dip
Cottage cheese
Edamame
Hard boiled egg
Hummus
Light dressing or dip
Nuts or seeds
Peanut butter
Slice cheese
String cheese
Trail mix
Deli meat
Yogurt

Enjoy a smart snack!



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Try a new recipe!

Black beans with corn and tomatoes

1 can low sodium, no fat added black beans (about 15 ounce can)
1 cup frozen corn, thawed
1 cup tomatoes, fresh or canned
1 clove garlic, finely chopped
1 teaspoon fresh parsley, chopped
½ teaspoon cayenne pepper (or more to taste)
½ teaspoon chili powder (or more to taste)

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes and garlic.
3. Add parsley, pepper and chili powder.
4. Combine and serve with corn tortilla chips.

Tip: Use your eWIC card to purchase the black beans, corn, and tomatoes!



Peanut butter yogurt dip

1 cup low-fat Greek yogurt
¼ cup creamy peanut butter
2 teaspoons honey or maple syrup

1. Mix yogurt, peanut butter, and honey or maple syrup together in a bowl.
2. Serve with sliced fruit or whole grain crackers.

Tip: Use your eWIC card to purchase peanut butter and Greek yogurt.

Honey should not be served to children under one year old.



View more recipes at azhealthzone.org/recipes



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