

Mix and Match Healthy Snacks *with Cornell*

Wellness

Two keys to a healthy snack:

1. It contains *produce* like a vegetable or fruit (the size of your fist or about 1 cup is a single serving of produce)
2. It contains *protein and/or fat* to give you long-lasting energy and help keep you fuller longer (two tablespoons or two thumbs is often plenty of protein/fat for a between-meal snack)

Make a variety of healthy snack combinations by drawing a line from different foods in the PRODUCE column and connecting them with different foods in the PROTEIN/FAT column. Are there any other PRODUCE or PROTEIN/FAT choices you'd like to add to this list? Can you come up with at least TEN combinations to try?

PRODUCE

Carrot sticks
Celery sticks
Cucumber slices
Bell pepper slices
Banana
Small green salad
Apple slices
Pear slices
Orange or clementine
Blueberries

PROTEIN/FAT

Peanut butter (no sugar added)
Almond butter
Sunflower seeds
Pumpkin seeds
Raw almonds
Raw walnuts
Hummus
Black bean dip
Hard boiled egg
Greek yogurt or plain yogurt