Healthy Snacks for You and Your Family

- You should have healthy snacks everyday at home and school.
- Choose a snack halfway between your meals.
- Healthy snacks help curb hunger between meals.
- Healthy snacks give you energy so you can learn and play.

There are so many healthy snacks to choose from!
Circle all the crunchy, smooth, and sweet snacks you will try.

CRUNCHY

1/2 - 1 cup cereal
15 mini pretzels
12 mini carrots
1 cup light popcorn

SMOOTH

6—8 oz yogurt
1 stick string cheese
4 oz pudding

SWEET

1 medium Apple
1 medium Banana
1 medium Orange
15 grapes
1/2 - 1 cup berries