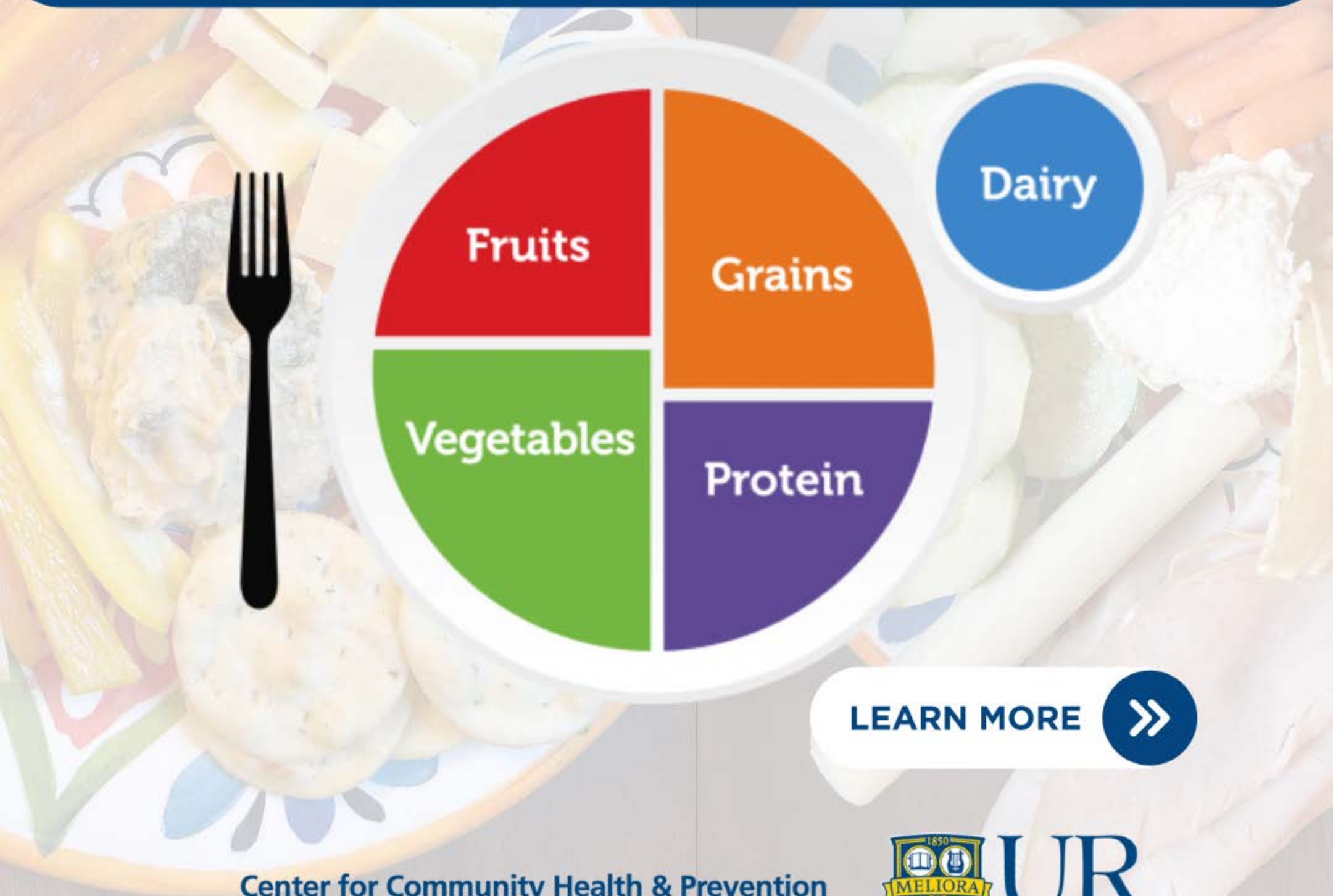


Create a Balanced Plate Using Snacks!



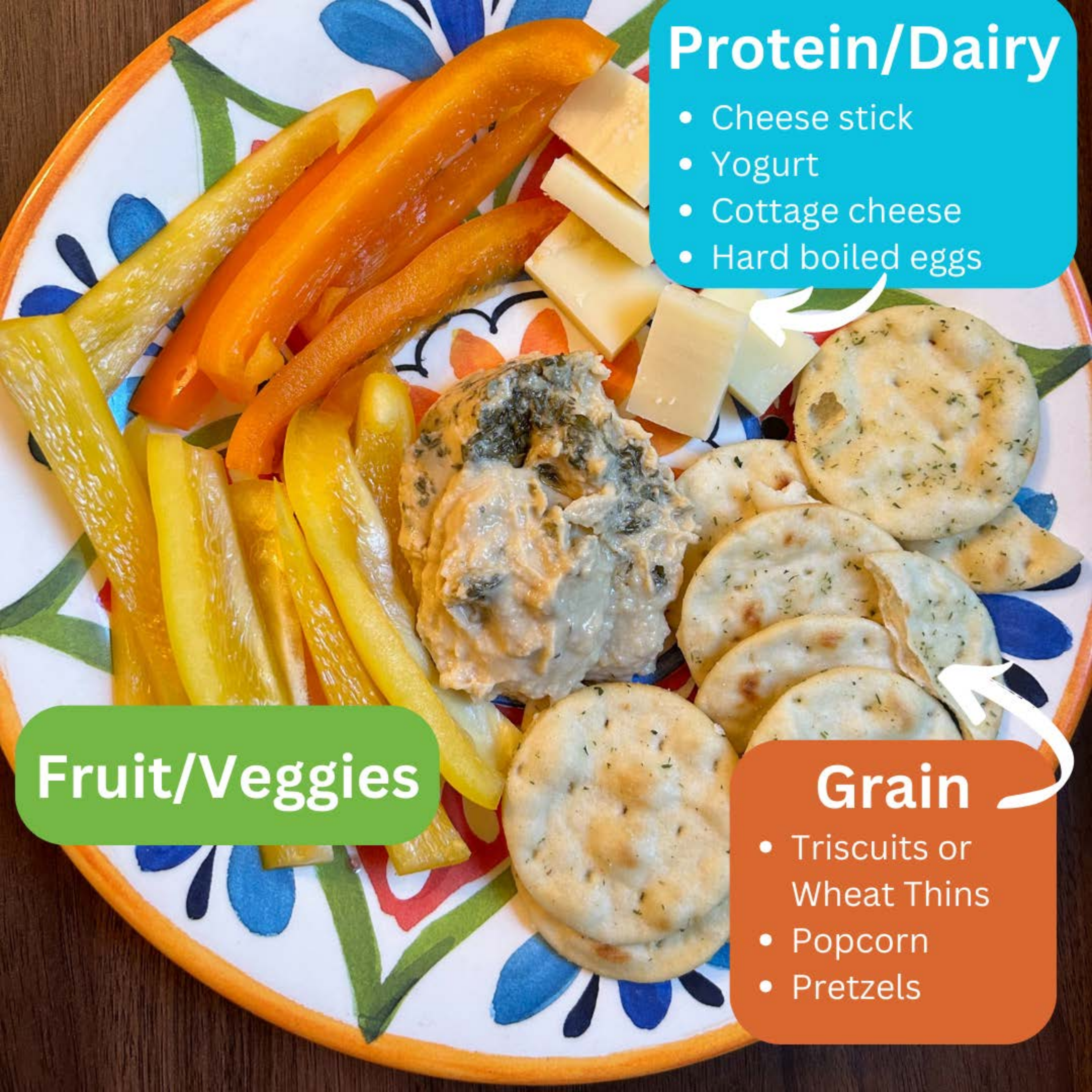
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Center for Community Health & Prevention



UR
MEDICINE



Protein/Dairy

- Cheese stick
- Yogurt
- Cottage cheese
- Hard boiled eggs

Fruit/Veggies

Grain

- Triscuits or Wheat Thins
- Popcorn
- Pretzels

Protein

- Tuna/chicken salad
- Handful of nuts
- Turkey slices
- Peanut butter
- Hummus

Protein/Dairy

Fruit/Veggies

- Fresh/dried fruit (apples, cherries)
- Precut broccoli/ cauliflower florets
- Cherry tomatoes
- Snap peas

