

# Build an Acrobatic Snack!

Start with a fruit or vegetable and pair with an additional “whole food” to create a nutrient dense and satisfying snack.

## #1- Choose a fruit or vegetable...

(Choose one; ~60 calories)

- 1 medium apple, pear, orange, peach or banana
- 1 cup berries or grapes
- 1 cup cut melon, cantaloupe, pineapple
- 2 small plums or tangerines
- 2 Persian cucumbers
- 1 cup baby carrots or celery sticks
- 1 cup sugar snap peas
- 1 cup grape tomatoes
- 2 dried figs or prunes (*choose dried fruit less often*)

## #2- Pair with a “whole food”...

(Choose one; ~100 calories)

- 1 tablespoon nut butter
  - ¼ cup hummus or guacamole
  - String cheese stick
  - 6 oz unsweetened or lightly sweetened yogurt
  - ½ cup cottage cheese
  - 2 cups air popped popcorn
  - 15-20 unsalted, dry roasted nuts
  - 1 packet instant oatmeal mixed with hot water
  - 1 hard boiled egg
- \*\*add 1-2 whole grain crackers on hungrier days

## #3- Create a winning combo!

(~150-200 calories)

- Apple slices with a tablespoon of peanut butter and cinnamon
- 2 tangerines and ¼ cup shelled pistachios
- 6 oz Plain Greek yogurt with 1 cup strawberries
- 1 cup baby carrots and ¼ cup hummus
- String cheese with whole grain crackers and ½ cup grape tomatoes
- 1 sliced pear and ½ cup cottage cheese
- 2 dried figs and roasted almonds

## Acrobatic Snack Tips!

Eating 1-2 nutritious snacks daily can provide essential vitamins and minerals and boost energy during the workday.

**Use these tips to create an acrobatic snack:**



- **Focus on fruits and vegetables.** Use snacks as an opportunity to meet your fruit/veg goal of eating 5 cups of fruits and vegetables daily. Start with a fruit or vegetable serving, and make that your snack, or add an additional “whole food” for a more satiating snack.
  - \* Remember eating an average of 5 cups of fruits and vegetables daily provides vital nutrients like fiber, potassium and vitamin C, promotes weight control— and more.
- **Whole foods for the win.** Go for minimally processed snack foods such as nuts, yogurt, edamame, air popped popcorn or hummus. (See other side for more ideas!)
- **Check nutrition facts labels.** Check and compare nutrition labels on favorite snack foods to choose snacks that are lower in sodium and added sugars and higher in desirable nutrients like vitamins, minerals, protein and fiber.
  - Ideally ~200 calories, ≤ 200 mg sodium, ≤12 g sugar, ≥3 g fiber
- **Plan ahead.** Keep healthy options available at work with simple planning—
  - Stock up on shelf stable snacks like dry roasted nuts , nut butters, brown rice cakes or lightly salted popcorn
  - Store a bag of baby carrots and hummus in the office refrigerator for the week
  - Pack an apple or banana in your bag before leaving for work
- **Timing is everything.** Plan to eat every 3-5 hours to control appetite , optimize energy and prevent overeating at meals- use healthy snacks to fill long time gaps between meals.