Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

**Build your own**

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.

**Prep ahead**

Portion snack foods into reusable containers when you get home from the store so they’re ready to grab-and-go.

**Make it a combo**

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.

**Eat vibrant vegetables**

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.

**Wash and enjoy**

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.

**Stock your fridge**

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.

The benefits of healthy eating add up over time, bite by bite.