Simple Snacks

SNACK IDEAS

FRUIT AND YOGURT

Raspberries, Strawberries, Peaches, Blueberries all go great with full-fat or Greek yogurt. Fruit and yogurt are also a great option for dessert!

VEGGIES AND HUMMUS

Pairing veggies with hummus is a great way to increase both vegetables and fat! Veggies like carrots, celery, and peppers all go great with hummus.

FRUIT AND PEANUT BUTTER

Putting peanut butter, or any nut butter, apples or bananas is a great way to have a healthy, high calorie snack.

CRACKERS AND TUNA

Fatty fish like tuna is high in healthy fats and vitamins and nutrients. Adding mayonnaise to a pack of tuna can boost the fat content even higher!

VEGGIES AND FRUIT WITH CHEESE

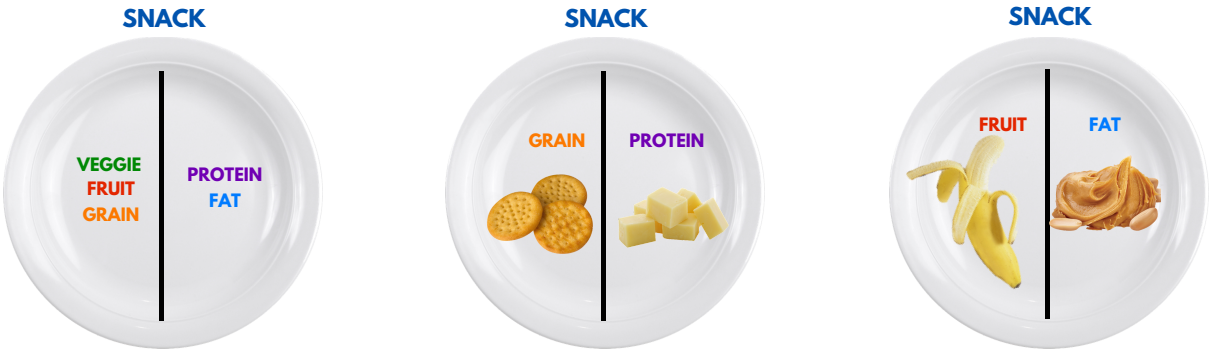
Veggies or fruits, and cheese are the perfect pair! Both are high in the nutrients needed to stay healthy and provide a well rounded snack.

Simple Snacks

SNACK BASICS

1 Choose foods from two different groups

Choose a protein, carb, and fat to make a balanced meal and provide a variety of nutrients the body needs to stay strong and healthy!



2 Add calories if possible

Choosing a fat as on of the foods in a snack, like nuts, avocado, or full-fat dairy can help bump up the nutrition in snacks! Adding a dip or dressing is another great way to add calories!

3 Always take your enzymes

Without enzymes, the important nutrients in vegetables and fruits won't be absorbed. Enzymes should be taken with all meals and snacks, no matter how small!