Smart Snacking

Smart Snacking means watching portion sizes and including at least two food groups.

Fruits, Vegetables, and Whole Grains

Give us energy, vitamins, minerals, and fiber!

Nutrition Facts
Serving Size 11 pretzels (30 g)
Servings Per Container about 5

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	

Protein, Dairy, and Healthy Fats

Keeps us full longer, makes our bones strong, and keeps our hearts healthy!

Choose One Food from Each Box!

- Fruit: Strawberries, Apples, Oranges, etc.
- Veggies: Cucumbers, Baby Carrots, Cherry Tomatoes, etc.
- Whole Wheat Bread
- Salsa & Corn Tortilla Chips
- Pretzels
- Whole Wheat Tortilla
- Graham Crackers
- Air popped Popcorn
- Whole grain Crackers
- Granola
- Graham Crackers

Other ideas?

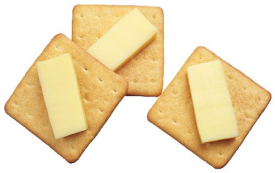
- _____
- _____
- _____

- Yogurt
- Peanut Butter
- String Cheese
- Hard boiled egg
- Avocado or Guacamole
- Light Dressing or Dip
- Trail Mix
- Bean Dip
- Nuts or Seeds
- Sliced Cheese
- Cup of Milk
- Turkey meat
- Cottage Cheese
- Hummus
- Edamame

Other ideas?

- _____
- _____
- _____

Enjoy a Smart Snack!



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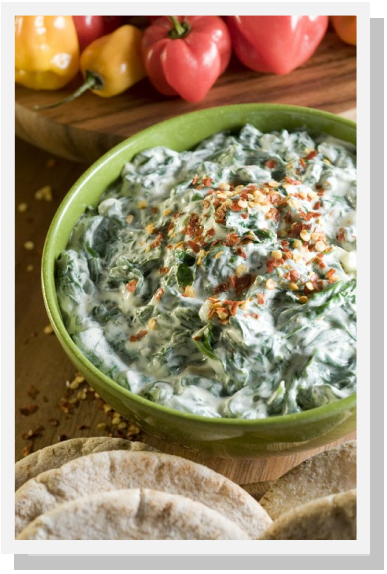
Try a New Recipe!

SPINACH DIP



¼ cup plain yogurt
¼ cup light sour cream
¼ cup shredded parmesan cheese
¼ cup frozen spinach (thawed and water squeezed out)
¼ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon pepper

Mix all ingredients together and chill for at least 30 minutes. Then dip your favorite veggies and enjoy!

*Use your WIC checks to purchase plain yogurt and frozen spinach!

MANGO BLACK BEAN SALSA

1 mango, cubed
1 red bell pepper, chopped
15 oz. can black beans
1 cup corn
¼ cup cilantro, chopped
½ tsp cumin
½ tsp salt
Juice from two limes
1 jalapeño (optional)

Mix all ingredients together and serve with corn tortilla chips

*Use you WIC checks to purchase the black beans, mango, bell pepper, corn, and limes!

Find more recipes at eatwellbewell.org/recipes

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