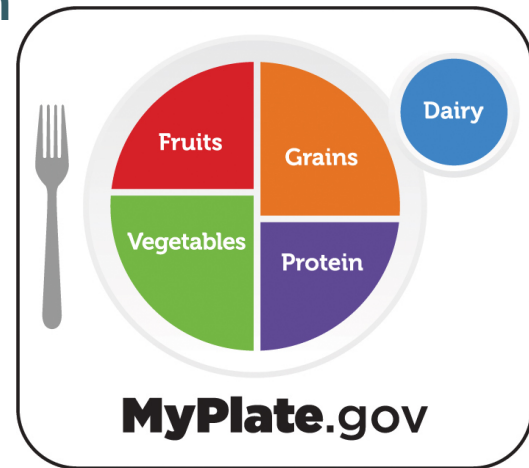


# 6 MyPlate Snack Tips



## 1. BUILD YOUR OWN

Make your own snack mix with unsalted nuts and add-ins such as seeds, unsweetened cereal, raisins or other dried fruit, and plain popcorn.



Mixed Nut & Dried Fruits

## 2. PREP AHEAD

Wash and cut up fresh vegetables and portion them into reusable containers so they're ready to grab-and-go. Many veggies can be prepped like this.

## 3. MAKE A COMBO

Combine food groups to build satisfying snacks.

- Yogurt + berries,
- Apple + nut butter
- Whole grain crackers + turkey & avocado.
- Be creative!



Yogurt With Fruits



Fruit & Nut Granola

## 4. CHOOSE VIBRANT VEGGIES

Colorful and crunchy raw vegetables are a healthy choice.

### Veggies with Dip

- Broccoli
- Zucchini sticks
- Baby carrots
- Hummus
- Guacamole
- Low-fat yogurt sauce



## 5. WASH & ENJOY!

Fresh fruit makes a great go-to snack when you are looking for a quick sweet treat. Apples, mandarin oranges, pears, grapes, and bananas are always easy and fast.

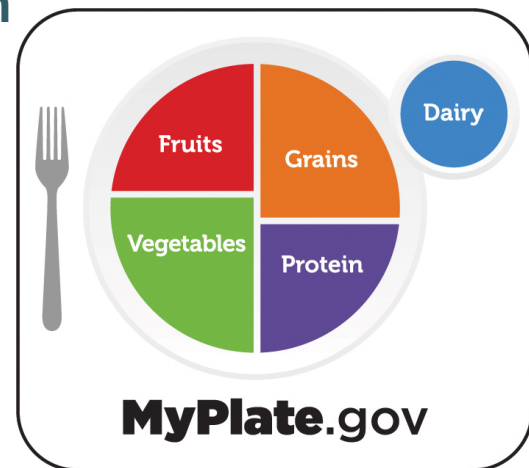


## 6. KEEP OPTIONS HANDY

Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.

WANT MORE INFO? CONTACT LUCILLE TANG, NUTRITION EDUCATOR AT [LT383@CORNELL.EDU](mailto:LT383@CORNELL.EDU)  
INFORMATION SOURCED FROM USDA AND MYPLATE.GOV

# Make your Own - Trail Mix



CHOOSE YOUR OWN INGREDIENTS!  
THEN MIX & ENJOY!

## CRUNCHY!

4 cups combined of any...

- Popcorn
- Granola
- Cereal



These whole grains boost your fiber. Choose unsweetened or unsalted - plain is best!

## NUTTY

1 cup combined of any...

- Pecans
- Almonds
- Cashews
- Pine Nuts
- Walnuts
- Pistachios



Nuts are loaded with healthy fats - boosting brain power and giving you long lasting energy. Feeling fancy? Roast them for a deeper flavor!

## FRUITY!

1 cup combined of any...

- Dried Raspberries
- Dried Blueberries
- Dried Mangos
- Dried Apricots
- Banana Chips
- Raisins

Fruits are chewy & sweet! Check the label and reach for no-added sugar options.

## FUN!

1/2 cup combined of...

- Chocolate Chips
- Shredded Coconut
- M&Ms
- Cheez It Crackers



Use your imagination - What would you like to add to your trail mix?!

## TODAY WE'RE TRYING...

- 4 c Popcorn
- 1 c Dried Cranberries
- 1/2 c Almonds, Sliced
- 1/2 c Walnuts, Crushed
- 1/2 c Milk Chocolate Chips



Save \$\$\$ by popping your own popcorn!

Toss together 1/4 c of kernels and 1/2 tsp of oil. Place in a paper bag and microwave for 3 minutes for 4 cups of popcorn!