



Healthy Snack Plate

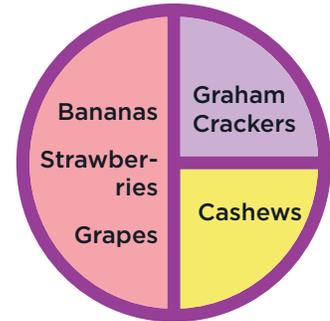
Tip Sheet



Use a smaller version of the Healthy Plate (4 - 6 inch plate) for snacks.

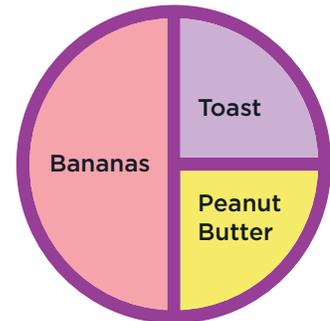
Fruit & Nuts - Banana, Grapes, Strawberries | Graham Crackers | Cashews

- 1 cup of fruit salad: grapes, strawberries, bananas
- 6 cashews
- 3 graham cracker squares
- Water to drink



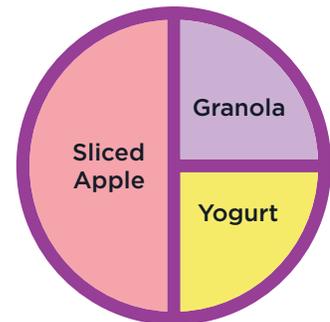
Peanut Butter Banana Toast - Banana | Toast | Peanut Butter

- 1 slice whole wheat toast
- 1 tbsp peanut butter
- 1 banana, sliced on toast
- Water to drink



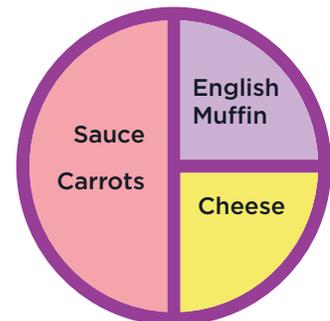
Yogurt & Granola - Sliced Apple | Granola | Yogurt

- 1 cup low-fat yogurt
- 1/4 cup low-fat granola
- 1 sliced apple
- Water to drink



Mini Pizza - Sauce, Carrots | English Muffin | Cheese

- 1/2 English muffin
- 1 tbsp tomato sauce
- 1 oz mozzarella cheese
- 1/2 cup mini carrots





Healthy Snack Plate

Tip Sheet



Make Your Own Healthy Snack Plate

