

Support Healthy Snacking at Meetings

Snacks can be an important part of a healthful diet. Well-chosen snacks can help you manage your weight, hunger, health, and energy. Select healthy snacks that satisfy appetite and provide energy and nutrients. Snack with variety, balance and moderation in mind. To keep portions reasonable, use smaller plates and bowls for serving. Pre-portioning the snack might also be helpful. As a general rule of thumb, one snack serving should contain 200-300 calories.



HEALTHY SNACKS IDEAS

Ideas for Healthy Food Options at Meetings

Serve whole grains, nuts, and low-fat dairy

- Whole grain crackers with low-fat cottage cheese and sliced tomatoes or red pepper strips.
- Make your own trail mix with bowls of high fiber cereal, dried fruit [cranberries, blueberries, dates, apples, or pineapple], and nuts [pistachios, almonds, walnuts, hazelnuts, or cashews].
- Low-fat cream cheese on half a whole grain bagel. Sprinkle sunflower seeds and raisins on top for extra flavor.
- Whole-wheat pita bread with low-fat flavored hummus.
- Baked tortilla chips with salsa and low-fat bean dip.
- Mini sandwiches with low sodium turkey, lettuce, and sliced avocados on a whole grain bread.

Serve fruits and vegetables

- Bite-sized fruits and vegetables like grapes, cherries, strawberries, baby carrots, cherry tomatoes, and broccoli florets.
- Whole, fresh fruits like apples, oranges, nectarines, plums, kiwifruit, and apricots.
- Cut-up fresh fruits including honeydew melon, cantaloupe, and watermelon.
- Pre-packaged fruit cups and dried fruits.
- Cut-up fresh vegetables like celery, squash, and bell peppers, served with low-fat dressing or dip.

