

# Here's **HOW** to build a **BETTER** snack

## HIGH-QUALITY CARB

As an energy boost



1 handful whole-grain crackers

1 whole-wheat English muffin or 1 slice whole grain bread



1 whole fresh fruit (such as a banana) or handful of dried fruit

1 handful of baby carrots, sugar snap peas, or celery sticks



1 cup whole-grain cereal

## + FILLING PROTEIN +

To keep you satisfied



1 slice of cheese or ½ cup cottage cheese

¼ cup hummus or bean dip



1-2 slices deli meat, such as turkey or roast beef

1 cup milk or plain yogurt



1 hard-boiled egg

## HEALTHY FAT

For brain and heart health



¼ cup guacamole

¼ cup nuts, such as almonds, peanuts, or walnuts



1 small square dark chocolate

1 handful pumpkin or sunflower seeds



1 tablespoon peanut butter or other nut butter



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## Healthy Nachos!

**SHOW US YOUR SNACK!** Send a pic of your best combo to [choicesmag@scholastic.com](mailto:choicesmag@scholastic.com)