

## 12 Nutrient-Rich Super Snacks

A balanced snack can make all the difference in how hungry you feel. All it takes is some lean protein balanced with nutrient-rich carbohydrates from whole grains, fruits or vegetables. Pack at least one super snack into your day and you'll get an energy boost, long-lasting satisfaction and the nutrients your body needs to stay strong and healthy.

1. **Oatmeal with lowfat milk:** All it takes is one minute to heat up a bowl of wholesome nutrients and fiber in the microwave.
2. **Vanilla yogurt with berries:** Take one cup of yogurt and stir in half a cup of blueberries, raspberries or strawberries (frozen or fresh).
3. **Nuts and dried fruit:** Start with a small handful of nuts and add your favorite dried fruit (raisins, apricots or apples).
4. **Cheddar cheese and an apple:** Combine creamy and crunchy, with an ounce of sharp cheese and a crisp apple for tartness.
5. **Beef jerky and pea pods:** With teriyaki jerky (1-2 ounces), this low-fat treat will taste like a Chinese take-out mini-meal.
6. **Turkey on multi-grain bread:** A slice of turkey, a slice of whole grain bread, some lettuce and tomato and your favorite mustard. Yummy!!
7. **Peanut butter on bananas:** Whether you like creamy or crunchy, a tablespoon or two of peanut butter makes this a perfect snack for kids of all ages.
8. **Cottage cheese and fruit:** Juice-packed, canned fruit goes great with a half cup of cottage cheese. Try pineapple, peaches or pears.
9. **Cheese stick and tomatoes:** Easy to take anywhere. Enjoy a mozzarella cheese stick with cherry or grape tomatoes.
10. **Salad with sunflower seeds:** Sprinkle a tablespoon of crunchy seeds on salad greens and dress lightly with olive oil and vinegar.
11. **Wheat wrap with cheese:** Pick a slice of your favorite cheese and roll it up in a whole wheat tortilla or other flavored wrap.
12. **Microwave bean soup:** Instant soups (or beans and rice combos) make quick, heart-healthy, cold-weather snacks.



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