

A white fork is on the left and a white knife is on the right, both pointing towards the center. They are positioned around a large white circle that contains the title text.

TIPS FOR Healthy SNACKING



BROUGHT TO YOU BY

Eat Healthy **NKY**



Kenton County
PLAN4Health



TOP TEN TIPS



Buy Unpackaged

Prepare your own portioned snacks using storage containers and snack bags. Make individually portioned bags with items like pretzels, roasted chickpeas, melon, pumpkin seeds, edamame, or snap peas. Make small cups of peanut butter, cottage cheese, or hummus.

Make a Healthy Snack Station

Use a brightly colored or patterned tote, box, or container to put individually packaged snacks in.

Quick Smoothies

Freeze yogurt in an ice tray. Chop fruit and store in labeled freezer bags to make quick smoothies.

Prepare Cooked Items in Advance

Prepare items such as roasted sweet potatoes, hard boiled eggs, and quinoa to have on hand.

Eye Level

Keep a bowl of fresh fruit on the table or countertop where it's top of mind.

Busy Mornings

Make overnight oats for busy mornings. Overnight oats are basically oats soaked in milk, almond milk, soy milk or another liquid. Mix up the ingredients before bed and allow them to soak overnight in the refrigerator.

Stock Your Pantry

Stock your pantry with dry items like almonds, pistachios, pumpkin seeds, dates, air-popped popcorn, whole grains, quinoa, oats, brown rice, and applesauce.

On the Road

Keep easy to carry items such as protein bars, single portion oatmeal cups, whole fruits, veggies, raisins and squeezable nut butters in your bag.

Sweet Treats

Consume smart sweet treats in moderation, such as 1 oz of dark chocolate or 1/2 cup reduced fat dairy desserts like frozen yogurt or gelato.

In a Pinch

If you have to choose a snack from a vending machine choose an item like peanuts, fig bars, crackers or baked chips.

