Pennington Nutrition Series

Healthier lives through education in nutrition and preventive medicine

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I'm hungry for a spack!

Snacks are good for you when you choose something healthy.



In the middle of the morning I can have:

MILK, CHEESE, Yogurt, Nuts, Fruit, Cereal, Juice, Peanut Butter, or a Breakfast bar.

A SANDWICH, A Glass of Milk, Fruit, Soup, Cereal, Nuts, Or Vegetables With A Dip,

> In the evening I can have:



Author: Heli J. Roy, PhD, MBA, RD Pennington Biomedical Research Center 3/11 After school I cap have some of these!

CRACKERS AND Cheese, A glass Of Milk, A Sandwich Square, Or Pretzels.

