



United States Department of Agriculture

Snack Time!

MyPlate Nate and **Kate** like healthy snacks. Their snacks include foods from the five food groups. They choose snacks that do not have too much added sugar, fat, or salt. They only have cookies, cakes, and candies for snacks sometimes — and not too much. This helps them get the foods they need to feel their best and be healthy.

Draw your favorite healthy snack in the empty plate below.



May 2014 • Reprinted Nov. 2016 • FNS-471E
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Parents

Do you send snacks to school?

Try these healthy favorites:

- unsweetened applesauce
- fruit cups packed with 100% juice
- raisins
- whole-grain crackers
- low-fat popcorn
- low-sugar whole-grain cereal