

YESHIVAT NOAM SNACK GUIDELINES

WHY ARE HEALTHY SNACKS IMPORTANT FOR US?

Healthy snacks are snacks that provide us with the energy and nutrients that we need to perform better throughout the day. When our bodies are fueled with nutritious snacks, we are able to listen better, remember more and learn better.

WHAT ARE HEALTHY SNACKS?

Healthy snacks are made up of fruits and vegetables that are high in vitamins, minerals and fiber; whole grains that are high in fiber; and dairy products, legumes and other lean proteins and heart healthy fats.

5 TIPS FOR HEALTHY SNACKING

1. Make Half Your Plate Fruits and Vegetables

Fruits and veggies are packed with vitamins and nutrients. Prepare “grab and go” snacks that need little preparation – fresh, frozen, dried or canned; “Whole” like an apple, “baby” like a carrot, “sliced” like a cucumber or “mixed” like fruit salad”.

- Apple, banana, clementine, peach, pear, plum, berries, melon, pineapple, mango, grapes ...
- Baby carrots, cucumber slices, pepper strips, broccoli florets, baby corn, cherry tomatoes ...

2. Choose Low Fat Dairy Products

Dairy products contain calcium, vitamin D, and protein and are important for growth and maintaining healthy bones.

- Container of milk
- Yogurt cup or squeezer (try it frozen!)
- Cheese string

3. Make at Least Half Your Grains Whole

Whole grains contain the entire grain kernel, while refined grains are processed, removing the dietary fiber and many B vitamins. Increase usage of “whole” grains, breads and cereals. The fiber is good for your heart and will keep you fuller longer.

- Crackers, wraps, rice cakes, English muffins
- Pretzels, popcorn, granola bars
- (For other snack foods – try “popped” or “baked” items in place of traditional snacks that are fried)

4. Keep An Eye On Portion Size

It is important to know what a healthy snack portion is. Pack snacks in snack size bags, single serve containers or use individually wrapped products.

5. Mix It Up – Combining Healthy Choices

Use your imagination to combine healthy foods and get in all the essential nutrients

- Dip veggies or whole grains pretzels or crackers in salsa, hummus or guacamole
- Combine fruit with yogurt or milk to make a smoothie;
- Spread soy butter on fruits, veggies or whole grain crackers
- Pour a whole grain cereal in low fat milk
- Add granola and berries to yogurt
- Try making a healthy trail mix of your own ...



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