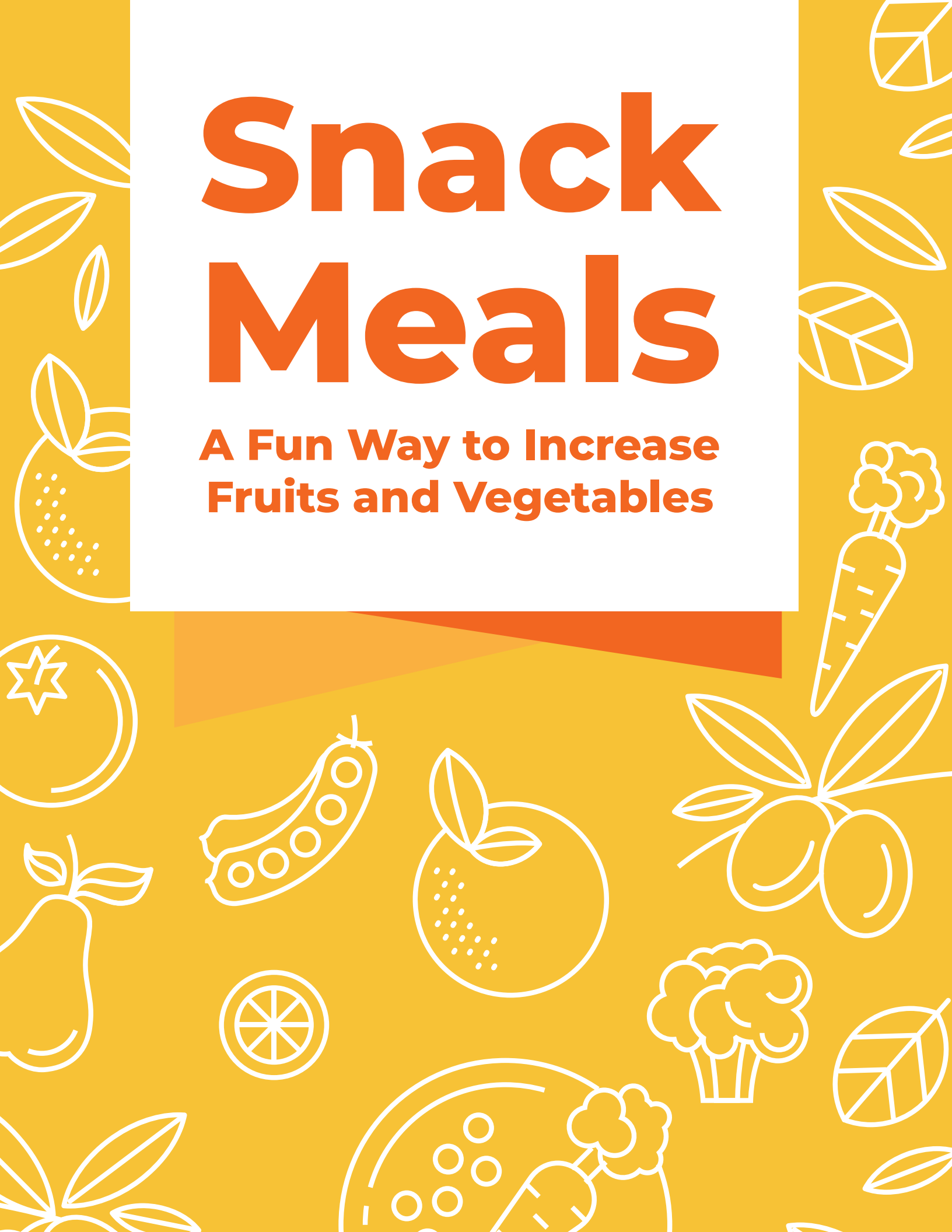


Snack Meals

**A Fun Way to Increase
Fruits and Vegetables**



A “snack meal” is a term used to describe a selection of fruits, vegetables and other snack-like foods that together form a nutritious and fun meal. Snack meals are not only a great way to incorporate more fruits and vegetables into meals, but they are also easy to take on the go in [reusable containers](#), which can be beneficial for mindful eating and healthy portion sizes. Based on the type of foods included, snack meals don’t always require utensils or refrigeration and are completely customizable to dietary needs and preferences. Almost no cooking is required, and it can be ready in less than 5 minutes! To get started with snack meals, here is helpful formula to use that will ensure that each snack meal is rich in fiber, protein and other healthful nutrients:





The Snack Meal Formula:


- Choose 1-2 types of fruit.
- Choose 1-2 types of vegetables.
- Choose 1-2 different protein sources.
- Choose 1 crunchy carbohydrate.
- Choose 1 fun treat.


Key:

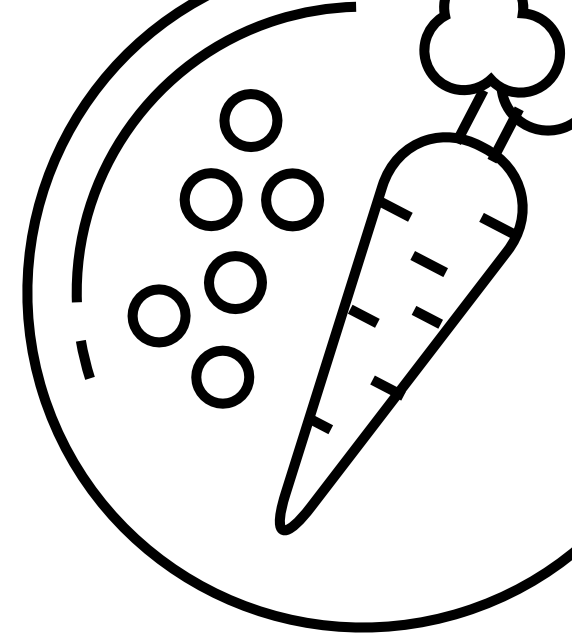
- Heart Healthy
- Low Glycemic Index*
- High Fiber^

Below is a table with ideas of what types of foods can be chosen for each category. These options can easily be substituted with dairy-free or gluten-free options. The key below highlights choices that are heart healthy, high in fiber or foods that have a low glycemic index which help to regulate blood sugar:

| | | |
|--|--|---|
|  Fruit^ Blueberries* Raspberries* Blackberries* Strawberries* Oranges* Apples* Bananas* Kiwi Grapes* Mango Pineapple Apricots* Cantaloupe Grapefruit* Papaya Peaches* Pomegranate Cherries* Pears* Plums* Prunes* Guava Persimmons Mango Dried fruit |  Veggie^ Carrots Cucumber* Celery Bell Pepper* Snap peas Tomatoes Avocado* Olives* Broccoli Beets Cauliflower* Celery* |  Plant-Based Proteins Hummus Nut butter Edamame Almonds Hazelnuts Walnuts Peanuts Cashews Pecans Macadamia nuts Brazil nuts Pine nuts Pistachios Pumpkin seeds Sunflower seeds |
|  Protein Sources Deli meats Cooked chicken cooked turkey Cheese Low-fat cheese Hard Boiled eggs | | |

- 
- Crunchy Carbs^**
-
- Whole-grain crackers
-
-
- Whole wheat pita bread
-
-
- Whole wheat tortillas
-
-
- Pita chips
-
- Pretzels
-
- Popcorn
-
- Whole grain pasta
-
-
- Flaxseed crackers
-
-
- Shredded wheat crackers
-
-
- Oyster crackers
-
- SunChips

- 
- Fun Treat**
-
- 2 sandwich cookies
-
- ½ Rice Crispy Treat
-
- Fruit Snack pack
-
- 2” brownie square
-
- 2 Tbsp dark chocolate chips
-
- ¼ C chocolate covered nuts
-
- Real fruit leather
-
- Granola bar
-
- 2 Tbsp M&M’s
-
- Chocolate covered pretzels
-
- Plantain chips
-
- Brownie Brittle



Sample Snack Meals

Heart Healthy Snack Meal:

- Blueberries
- Carrots
- Almonds
- Hummus
- Whole wheat pita bread
- Brownie square

Full of Fiber Snack Meal:

- Strawberries
- Bell pepper and cucumber
- Deli meat, avocado roll up
- Whole grain crackers
- Fruit leather

Protein Packed Snack Meal:

- Peaches
- Broccoli
- Hardboiled egg
- Pistachios
- Whole wheat pasta salad
- Dark chocolate chips



References: <https://fruitsandveggies.org/the-snack-meal-phenomenon-a-simple-strategy-to-increase-fruit-and-vegetable-intake/>

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information**
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