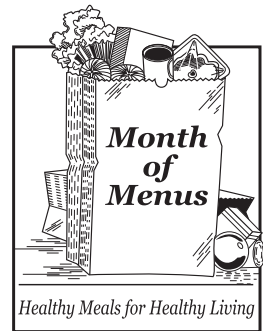


Snacks




Your Month of Menus includes breakfast, lunch and dinner. To round out your healthy meal plan, don't forget about snacks. Snacks are mini-meals, and they help you get the recommended number of servings from each of the food groups every day.

Below is a chart to help you plan snacks. For each snack, choose two or three foods, each from a different food group.


GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
Bread: Biscuits Cornbread Muffins Pita Bread Rolls Cereal Crackers: Graham Whole Grain Tortillas	Any Fresh, Canned, Frozen Broccoli Carrots Cauliflower Celery Cucumber Summer Squash: Yellow Zucchini Sweet Peppers: Green Red Yellow Tomatoes	Any Fresh, Dried, Canned, Frozen Apples Apricots Bananas Berries Grapefruit Grapes Melon Nectarines Oranges Raisins	Cheese Milk Milkshakes Pudding Soy Milk Yogurt Yogurt Shakes	Beans: Dip, Refried, Spread Eggs: Deviled, Hard Cooked Lean Meats Nuts Peanut Butter Tuna

Examples:




Snack 1:

Graham Crackers
Milk
Peanut Butter




Snack 2:

Tortilla
Sweet Peppers
Refried Beans



Snack 3:

Cereal
Raisins
Milk



Snack 4:

Crackers
Broccoli
Cheese



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