# **Healthy Snacks, Healthy Eating with MyPlate**

Are you looking for healthy snacks that are easy to make and will help you reach your health goals? Look no further than MyPlate, the U.S. Department of Agriculture's food guidance system. MyPlate provides simple, practical recommendations for healthy eating, including tips for choosing healthy snacks.



#### **Healthy Snacks (Healthy Eating with MyPlate)**

by Beth Bence Reinke

★★★★★ 4.2 out of 5
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Print length : 24 pages



MyPlate recommends that you make half of your plate fruits and vegetables. Fruits and vegetables are packed with nutrients, including vitamins, minerals, and fiber. They are also low in calories, so they can help you maintain a healthy weight.

The other half of your plate should be made up of whole grains and lean protein. Whole grains provide fiber, which helps you feel full and satisfied. Lean protein helps build and maintain muscle mass.

Healthy snacks should be a combination of fruits, vegetables, whole grains, and lean protein. Here are a few ideas for healthy snacks:

- Fruit: apples, bananas, oranges, berries, grapes
- Vegetables: carrots, celery, cucumbers, tomatoes, peppers
- Whole grains: whole-wheat bread, brown rice, oatmeal, quinoa
- Lean protein: yogurt, cheese, nuts, seeds, beans

You can also make healthy snacks by combining these ingredients. For example, you could make a fruit salad with berries, grapes, and bananas. Or, you could make a trail mix with nuts, seeds, and dried fruit.

Here are a few recipes for healthy snacks:

#### **Fruit Salad**

### **Ingredients:**

- 1 cup berries
- 1 cup grapes
- 1 banana, sliced

# **Instructions:**

1. Combine all ingredients in a bowl. 2. Serve immediately.

#### **Trail Mix**

# **Ingredients:**

- 1/2 cup nuts
- 1/2 cup seeds

1/2 cup dried fruit

#### **Instructions:**

1. Combine all ingredients in a bowl. 2. Store in an airtight container.

### **Yogurt Parfait**

#### Ingredients:

- 1 cup yogurt
- 1/2 cup fruit
- 1/4 cup granola

#### **Instructions:**

1. Layer yogurt, fruit, and granola in a glass or jar. 2. Serve immediately.

These are just a few ideas for healthy snacks. With a little creativity, you can create endless healthy snacks that will help you reach your health goals.

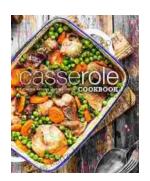
For more information on healthy eating, visit the MyPlate website at https://www.myplate.gov.



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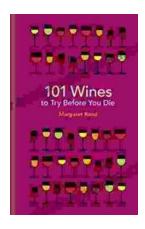
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