

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

Language : English

File size : 9886 KB

Screen Reader : Supported

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>.



Healthy Snacks (Healthy Eating with MyPlate)

by Beth Bence Reinke

★ ★ ★ ★ ☆ 4.2 out of 5

Language : English

File size : 9886 KB

Screen Reader : Supported

Print length : 24 pages

FREE

DOWNLOAD E-BOOK



Indulge in Culinary Delights: Uncover the Ultimate Casserole Cookbook

Prepare to elevate your culinary repertoire with our comprehensive Casserole Cookbook, a culinary masterpiece that will transform your kitchen into a haven of...



101 Wines To Try Before You Die: A Bucket List for Wine Lovers

Wine is one of the world's most beloved beverages, and for good reason. It's complex, flavorful, and can be enjoyed with a wide variety of...