

EAT SMART

Try These Quick and Easy Snacks

TRY ONE HEALTHY SPRING SNACK:

- Carrots and Hummus.
- Apples and Peanut Butter.
- Drink water infused with fruit.
- Broccoli and a low fat veggie dip.



TRY ANOTHER HEALTHY SPRING SNACK:

- Fruit and a low fat yogurt.
- Peaches with low fat cottage cheese.
- Cherry tomatoes and low fat cheese.
- Bean dip and baked chips.

