



Tip: Kids and adults benefit from 2-3 snacks a day!

Snacks



Benefits kids and adults

- Helps manage hunger throughout the day.
- Provides energy and nutrients.
- Keeps blood sugar steady.
- Helps recover from activities.
- Can prevent overeating during meals.

Planned snack time helps:

- Prevent constant grazing.
- Spoiling appetite for meals.
- Helps with routine.
- Prevents eating with distractions.

Consider

Snacks with fiber (fruits, vegetables, whole grains) keep you full longer.

Remember

Keep it simple and small!

Plan your snacks!

Sun

Mon

Tue

Wed

Thu

Fri

Sat

