

FUEL YOUR BODY WITH

SMART SNACKS!

A GUIDE TO BUILDING BETTER SNACKS

HI
THERE!

Did you know that snacks aren't just for when you're hungry... they're also **fuel** for your body and **brain**?



WHY SMART SNACKS MATTER

Choosing balanced snacks can help you:

- ✓ Stay energized throughout the day ⚡
- ✓ Focus better in school 📖
- ✓ Keep your body strong and growing 💪
- ✓ Feel your best—inside and out ❤️

BUILD YOUR OWN TRAIL MIX!

Create a balanced snack by mixing:

CRUNCHY:

- Chex cereal
- Pretzels



SWEET:

- Raisins
- Banana chips
- A few M&M's



PROTEIN POWER:

- Cashews
- Sunflower seeds



TIP: Aim for a mix of at least 2–3 different types for the perfect balance!

MORE SMART SNACK IDEAS



Banana + peanut butter



Apple slices + cheese



Carrots + hummus



Greek yogurt + berries



Air-popped popcorn + nuts



Whole grain crackers + turkey or cheese



DON'T FORGET TO HYDRATE!

Water helps your body:

- ✓ Stay energized
- ✓ Focus better
- ✓ Feel strong and refreshed



REMEMBER:

SNACKS = FUEL FOR YOUR BODY!

Choose foods that give you energy and taste good.

