



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY

Extension Dodge County
127 E. Oak Street, Juneau, WI 53039
Phone: 920-386-3790

Website: <http://dodge.extension.wisc.edu>

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Healthy Snacks

Provided by Caitlin Richardson
FoodWise Dodge County Extension



Snacks are a great way to make sure that you are getting all of the nutrients your body needs. Healthy snacks consist of nutrient-dense foods and are typically foods associated with MyPlate such as whole grain foods, lower-fat dairy, lean protein and increased consumption of fruits/vegetables. These types of snacks are nutrient packed and are often lower in calories. To help your body function at its best, it's recommended to eat at least every 4 to 5 hours. Snacking reduces the chances of overeating because it prevents you from becoming too hungry. Below are some tips from MyPlate to get you started with choosing healthy snacks.

- **Build your own:** Make your own snack mix with unsalted nuts and add-ins such as seeds, unsweetened cereal, raisins or other dried fruit, and plain popcorn.
- **Prep ahead:** Wash and cut up fresh vegetables and portion them into reusable containers so they're ready to grab-and-go. Many veggies can be prepped like this.
- **Make it a combo:** Combine food groups to build satisfying snacks: yogurt and berries, apple with nut butter, or whole grain crackers with turkey and avocado. Be creative!
- **Choose vibrant vegetables:** Colorful and crunchy raw vegetables are a healthy choice. Try dipping broccoli, zucchini sticks, or baby carrots in hummus, guacamole, or a low-fat yogurt sauce.
- **Wash and enjoy:** Fresh fruit makes a great go-to snack when you are looking for a quick sweet treat. Apples, pears, grapes, and bananas are always easy and fast.
- **Keep healthy options handy:** Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.

Have a question? Feel free to reach out to the Dodge
County Extension office in the FoodWise program.
Phone: 920-386-3790



Education Source:

- MyPlate.gov: <https://www.myplate.gov/tip-sheet/healthy-snacking-myplate>



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