

# Healthy Snack Ideas



**Snacking is a great way to make sure you are full of energy.** It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.



Apple slices dipped in  
peanut butter



Low-fat unsweetened  
yogurt with berries



Low-fat cottage  
cheese with tomatoes



Carrots or peppers  
dipped in hummus



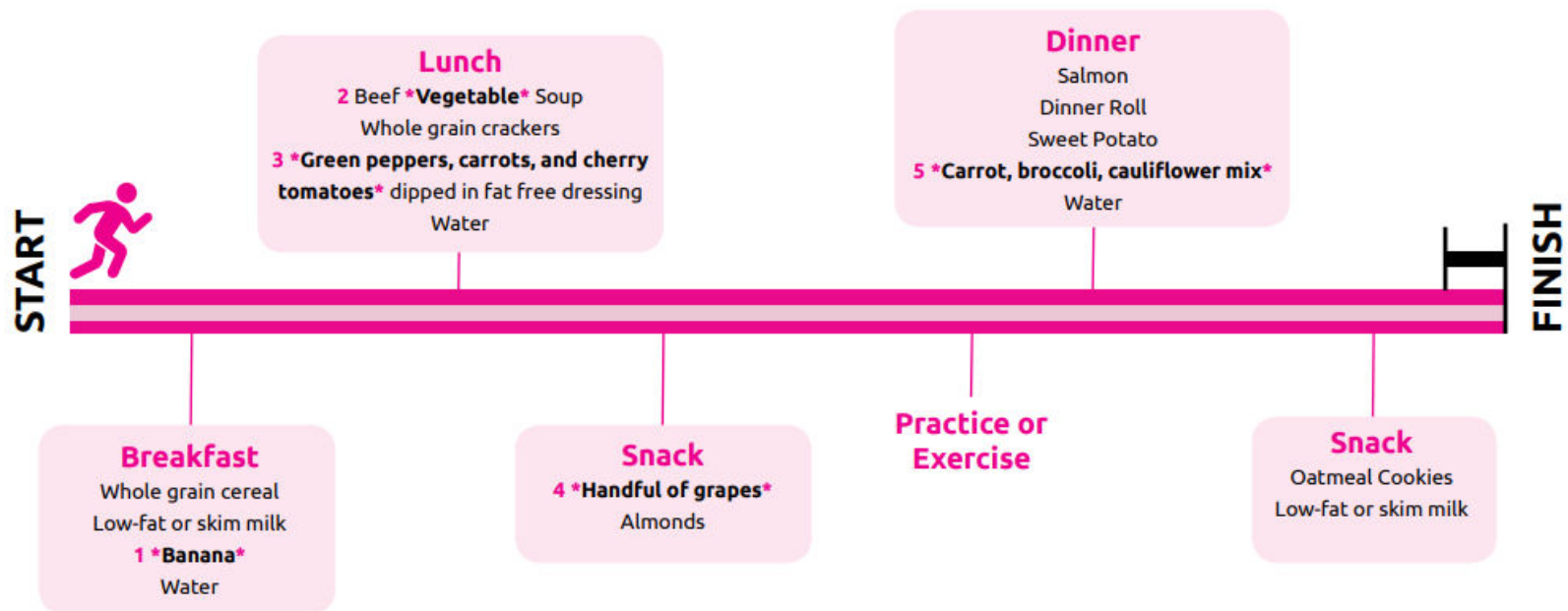
Celery topped with  
peanut butter and raisins

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# Reach Your Fit 5 Nutrition Goal



It's easy to eat 5 fruits and vegetables in one day. Follow this sample meal plan and see how easy it is to reach your goal.



With healthy meals and snacks, it's easy to get your FIT 5! Try your own meal and snack combinations from this guide and you can reach your goal every day.