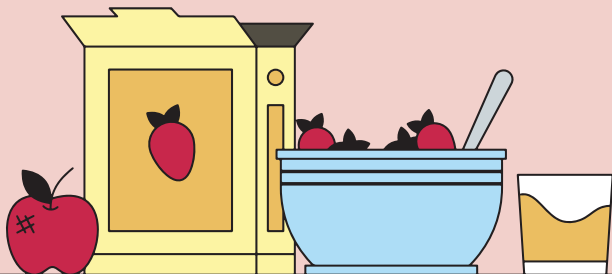


SNACK SMARTER



EAT BETTER. LIVE BETTER.

Wellness Wednesday

SMART SNACKING IDEAS

Snacks are like mini-meals that can provide many of the nutrients you and your family need to be healthy. For the best nutrition, try to plan snacks that contain at least two of the five food groups—Dairy; Vegetables; Fruits; Grains; and Protein.

PARFAIT: Layer low-fat yogurt with fruit and granola.

SMOOTHIE: Blend low-fat milk, a banana, nut butter, and a scoop of protein powder for a yummy milkshake treat!

MINI-PIZZA: Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

HUMMUS ROLLUP: Put hummus on a whole wheat tortilla. Top with a slice of turkey, low-fat cheese, shredded carrots, and sliced avocado. Roll it up!

This message is brought to you by Live Better and our partner SmoothiePOP Café.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.