Hacking your snacks
Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.

**Build your own**
Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.

**Prep ahead**
Portion snack foods into baggies or containers when you get home from the store so they’re ready to grab-n-go when you need them.

**Make it a combo**
Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.

**Eat vibrant veggies**
Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.

**Snack on the go**
Bring ready-to-eat snacks when you’re out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.

**List more tips**

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Based on the Dietary Guidelines for Americans
Go to ChooseMyPlate.gov for more information.