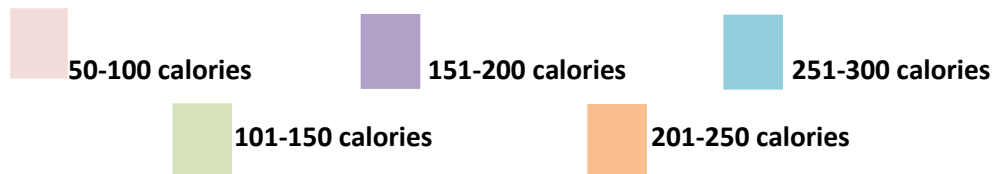


# SNACK MATRIX

Choose 1 from each Category to Create a Healthy Snack with Protein and Fiber

	<b>Apple Slices</b> (1 small apple) 55 calories	<b>Baby Carrots</b> (1 cup) 70 calories	<b>Whole Grain Crackers</b> (6 crackers) 85 calories	<b>Grapes or Berries</b> (1 cup) 62 calories	<b>Baked Tortilla Chips</b> (10 chips) 90 calories	<b>Whole Grain Bread</b> (1 slice) 90 calories	<b>Cherry Tomatoes</b> (1 cup) 27 calories	<b>English Muffin</b> (1/2) 60 calories	<b>Sliced Bell Peppers</b> (1 cup) 40 calories
<b>Hard Boiled Egg</b> (1 egg) 72 calories	127	142	157	134	162	162	99	132	112
<b>Hummus</b> (2 tbsp) 70 calories	125	140	155	132	160	160	97	130	110
<b>Low-fat Yogurt</b> (Plain, 6 oz) 105 calories	160	175	190	167	195	195	132	165	145
<b>Low-fat Cottage Cheese</b> (1/2 cup) 81 calories	136	151	166	166	171	171	108	141	121
<b>String Cheese</b> (1) 70 calories	125	140	155	132	160	160	97	130	110
<b>Lean Deli Meat</b> (3 slices) 45 calories	100	115	130	107	135	135	72	105	85
<b>Peanut Butter</b> (2 tbsp) 190 calories	245	260	275	252	280	280	217	250	230
<b>Mixed Nuts</b> (1 oz) 170 calories	225	240	255	232	260	260	197	230	210
<b>Tuna</b> (1/2 can) 120 calories	175	190	205	182	210	210	147	180	160



# SNACK MATRIX

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