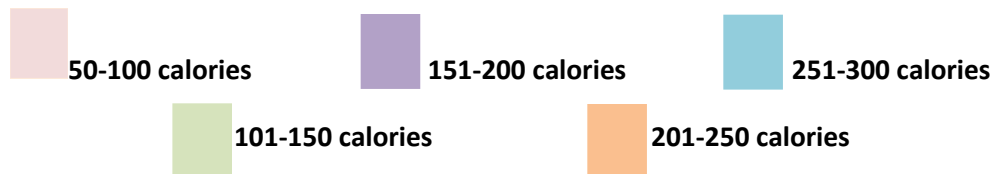


SNACK MATRIX

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

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



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