



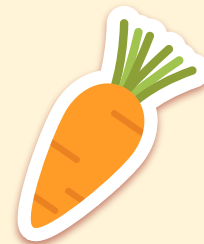
# Healthy & Easy Snacks

Lindsay Weaver, Mary Ann Lamb, Matthew Petrocelli

# Risks of Processed Snacks

**Unhealthy snacks** are high in calories, sugars and unhealthy fats, which can lead to a wide range of health problems:

- Weight gain
- High blood pressure
- Heart problems
- Nutrient deficiencies
- Negative mood





# Swap for Healthy Snacks!

## Improved Health:

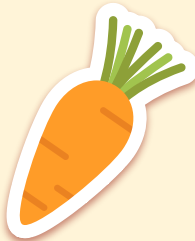
- Lower Cholesterol
- Increased nutrients intake
- Better digestion

## Increased Energy

- Natural energy boost
- Mental clarity and improved focus

## Weight Loss

- Reduced calorie intake
- More satiating
- Better weight control and management





# Let's Build a Healthy Snack

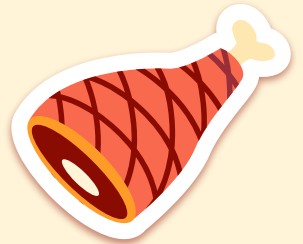
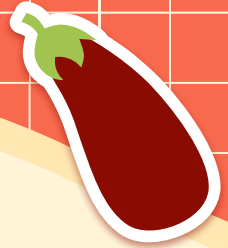
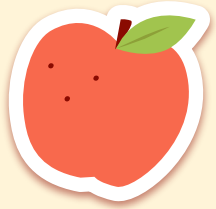


Include **two** of the following:

- Carbohydrates
  - Provides fuel for your body!
  - Examples: Corn, beans, rice, fruit, etc.
- Protein
  - The building blocks for muscle!
  - Examples: Meats, eggs, soybean, nuts, legumes, etc.
- Fats
  - Cushions your body and helps to absorb important vitamins!
  - Examples: oils, nuts, milk, cheese



# Ideas





# Simple Combinations

## Carbohydrate + Protein



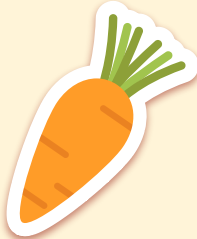
**Whole Wheat Crackers & Hummus**



**Greek Yogurt & Fruit**



**Nuts & Dried Fruit**



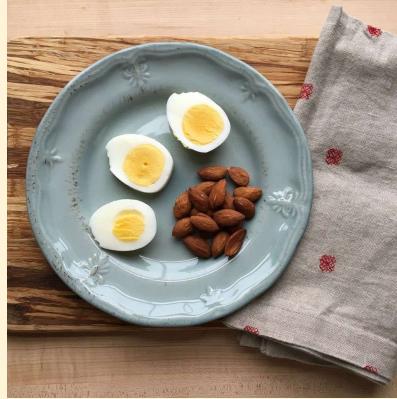


# Simple Combinations

## Fat + Protein



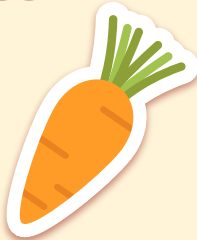
**Cheese & Turkey**



**Almonds & Hard Boiled  
Egg**



**Nuts & Cheese**





# Simple Combinations

## Carbohydrate + Fat



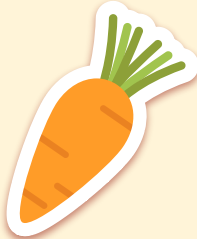
**Apple & Cheese**



**Avocado & Bread**



**Banana & Almond Butter**





# Image Sources

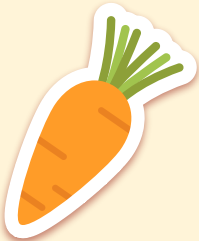
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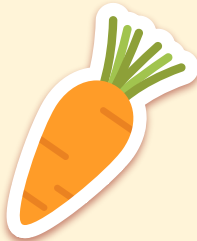
# Bingo!

- A picture of a healthy food will appear on the screen
- If the picture appears on your card, X it out
- Once you have five in a row yell BINGO!
- A prize will be giving to those who reach 5 in a row first!
- Round 1 will revolve around healthy snacks
- Round 2 is unhealthy snacks



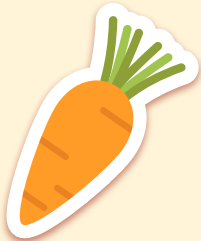


# Avocado Toast



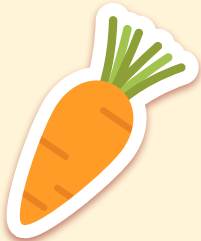
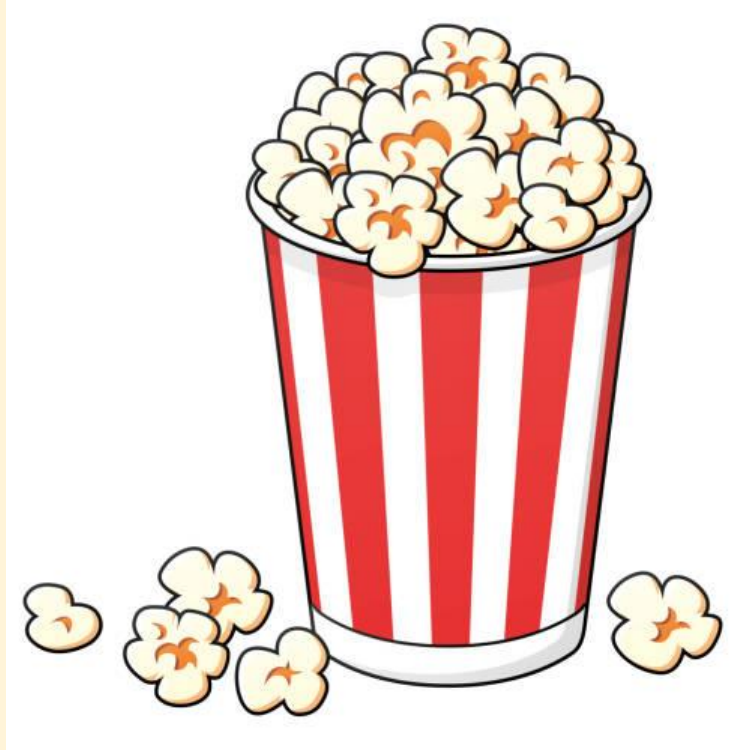


# Peach



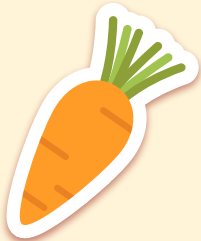
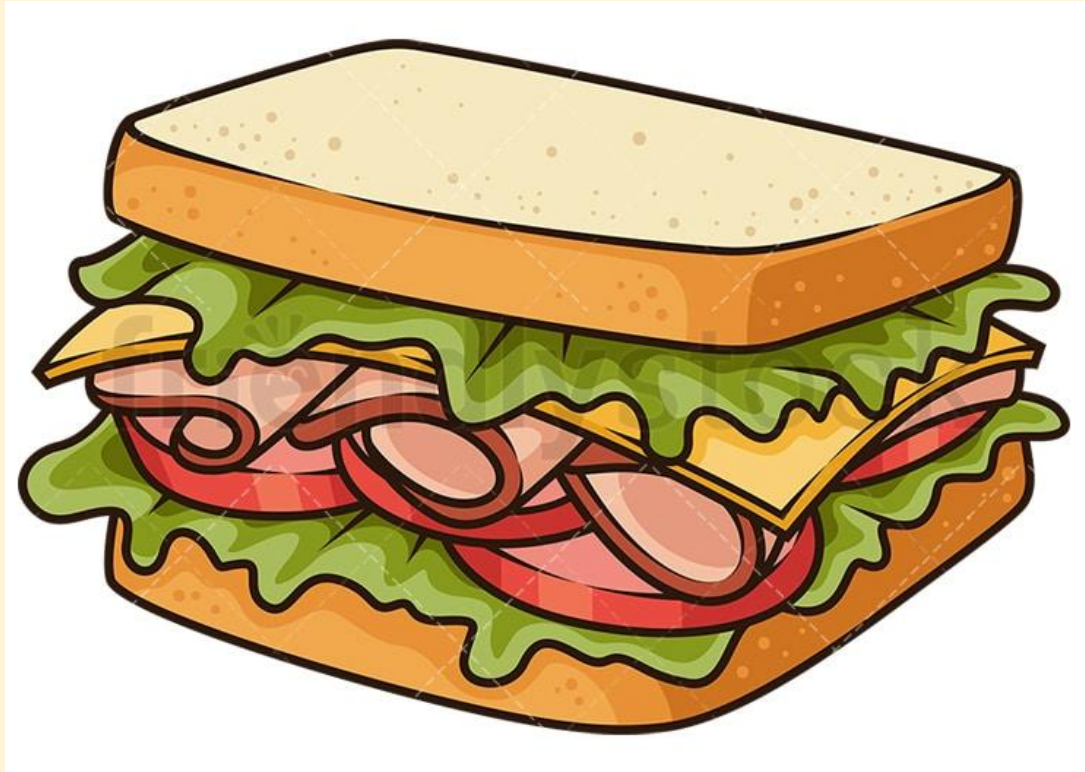


# Popcorn



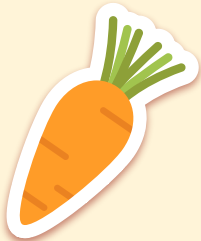
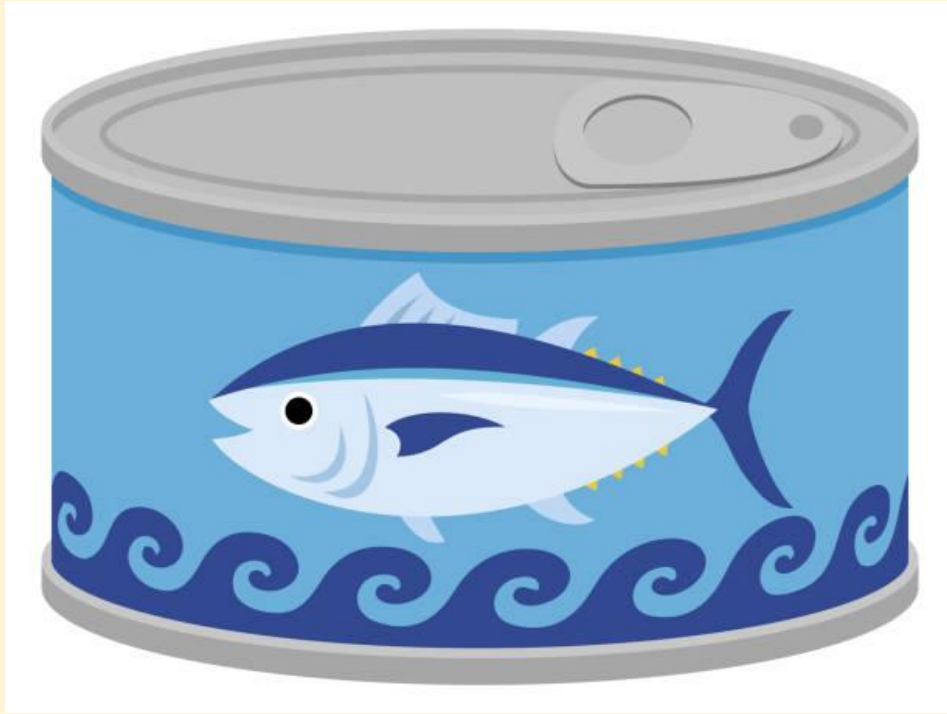


# Turkey Sandwich



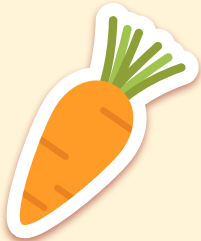
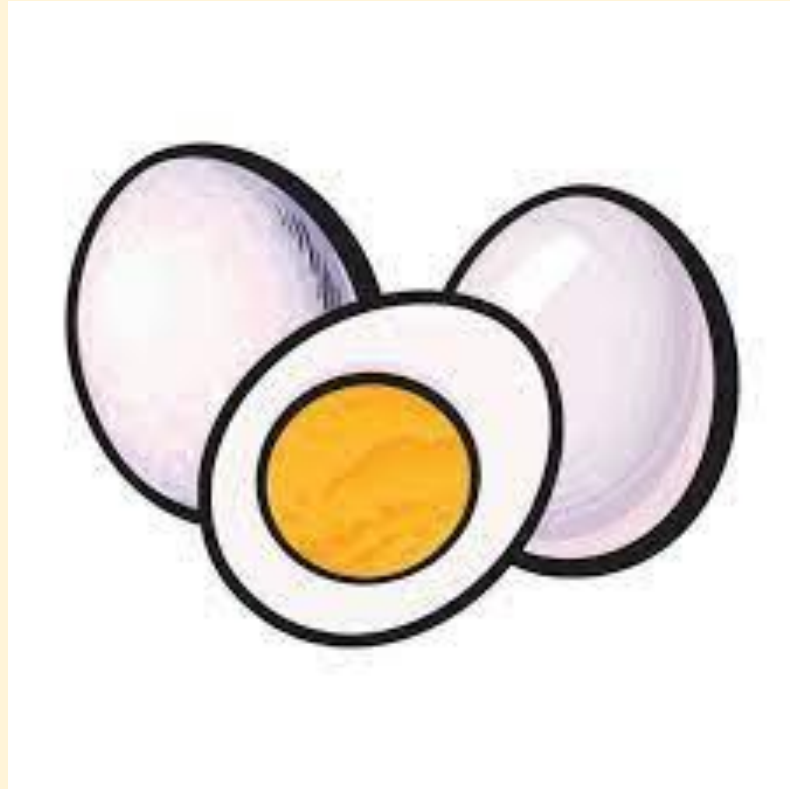


**Tuna**





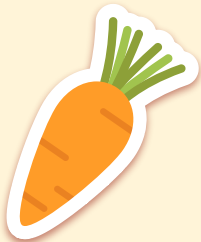
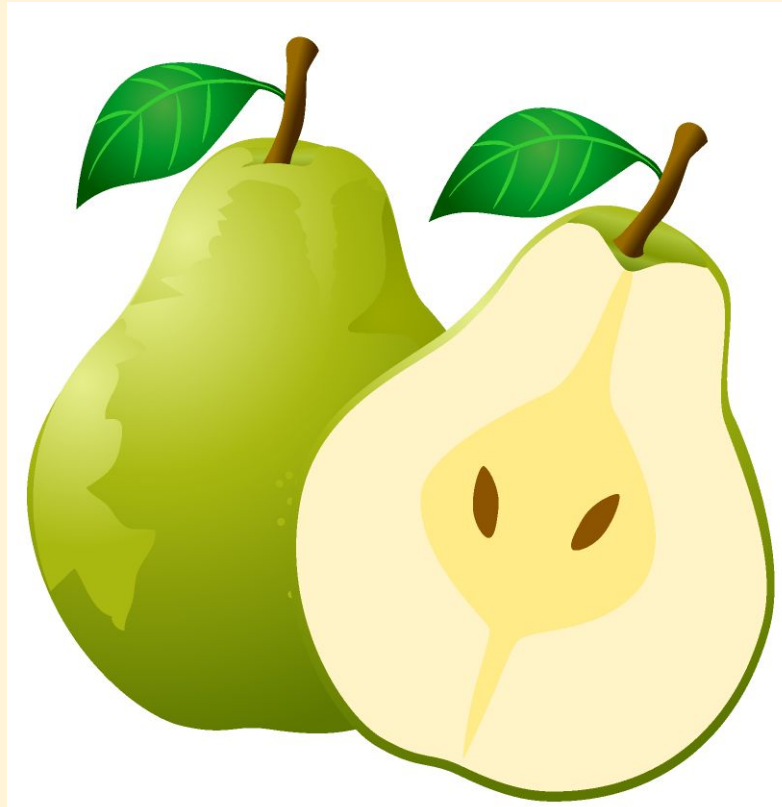
# Hard Boiled Eggs





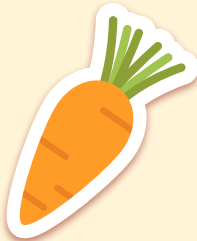
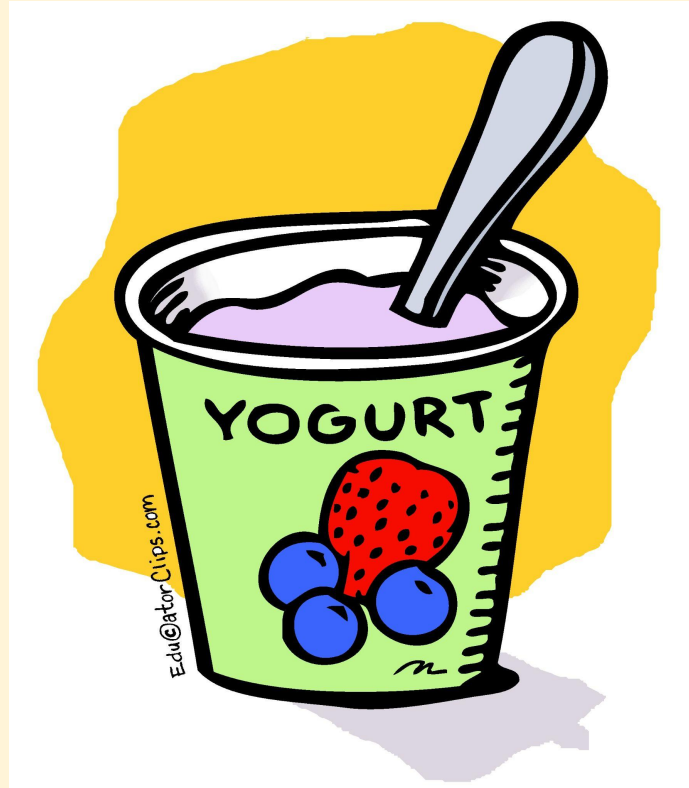


**Pear**



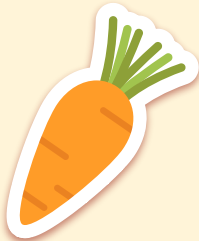


# Yogurt



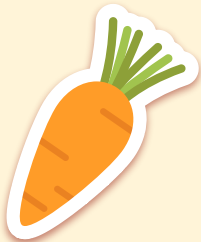


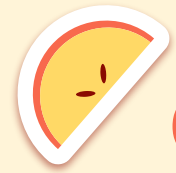
# Fruit Smoothie





# Beans



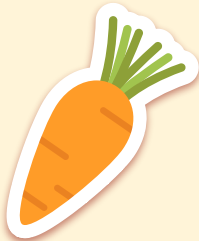


**Orange**



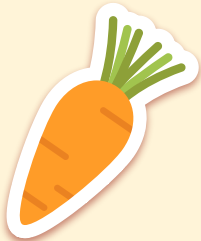


# Raisins



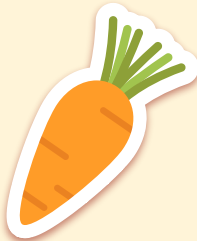


# Mixed Nuts





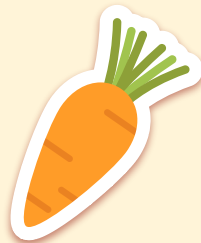
# Mixed Berries





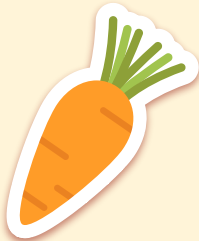
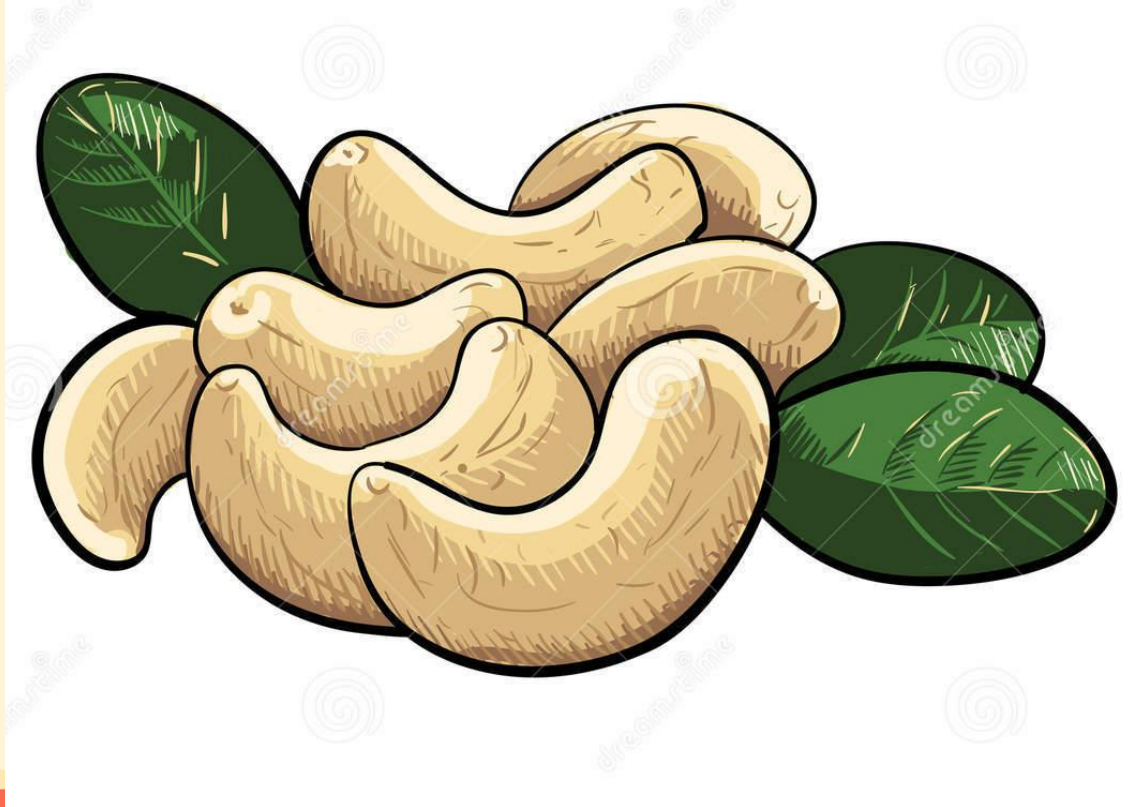


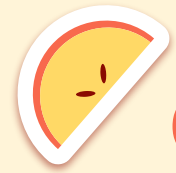
# Dark Chocolate and Strawberries



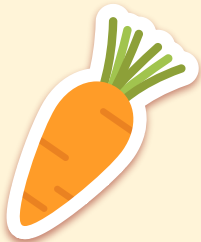
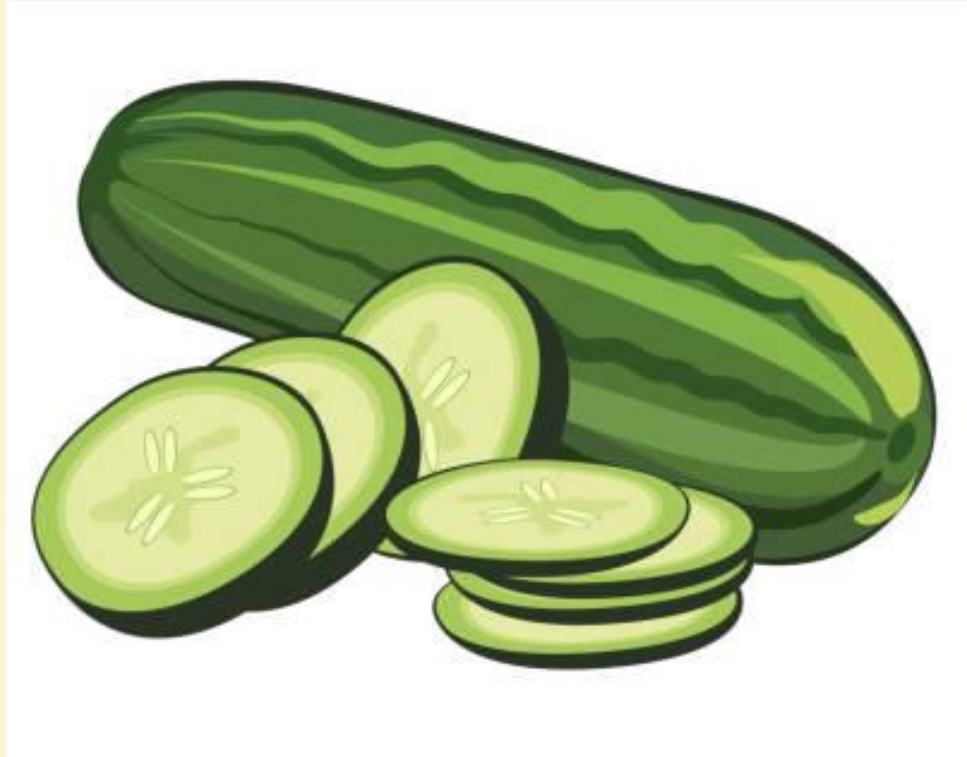


# Cashews



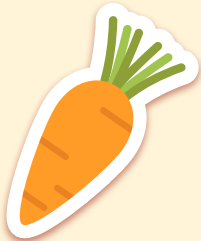
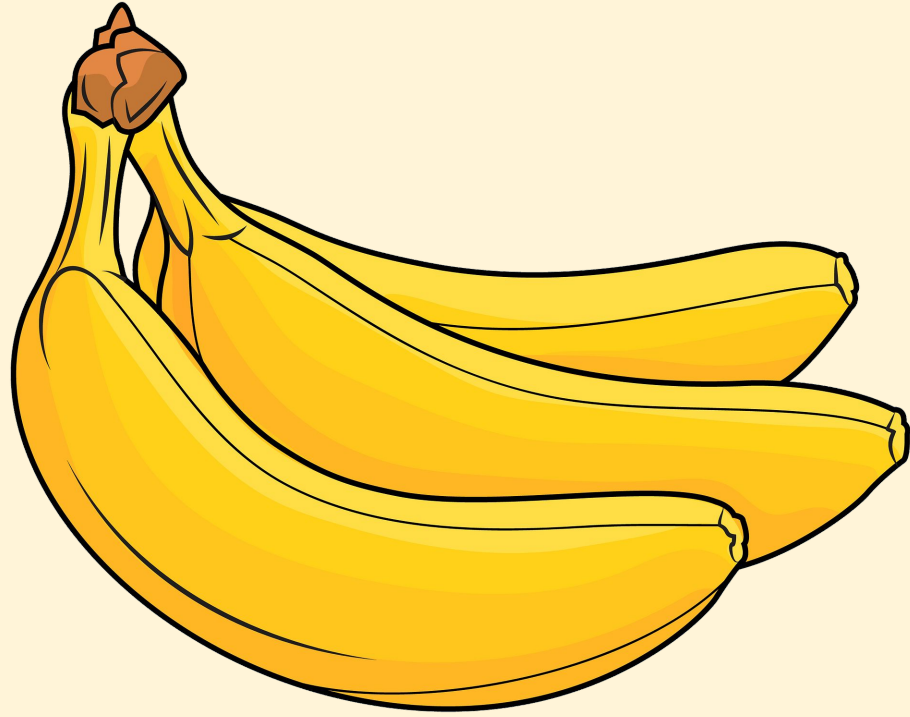


# Cucumber



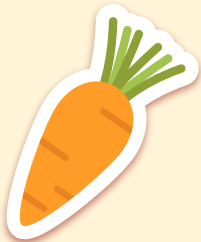


**Banana**



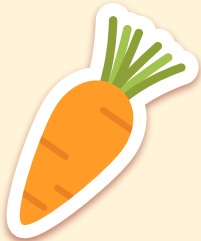


**Pineapple**



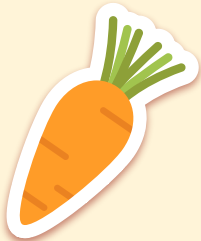


# Unhealthy snacks



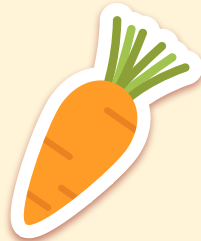


**Soda**

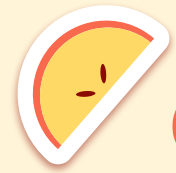




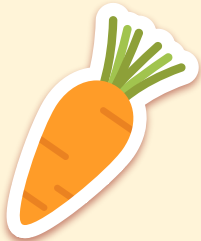
# Ice Cream





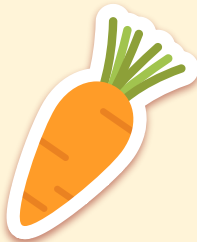


**Cake**



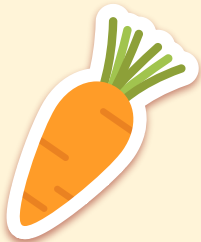
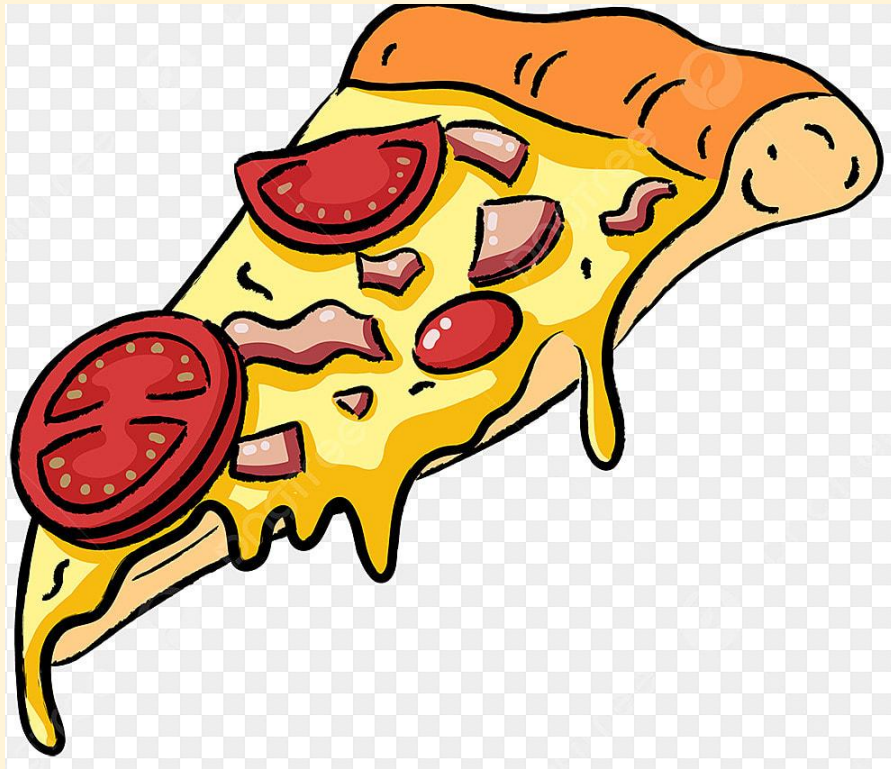


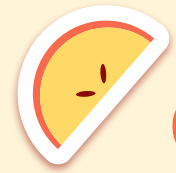
# French Fries



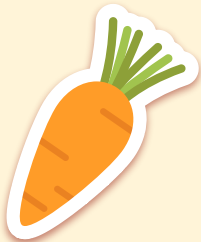
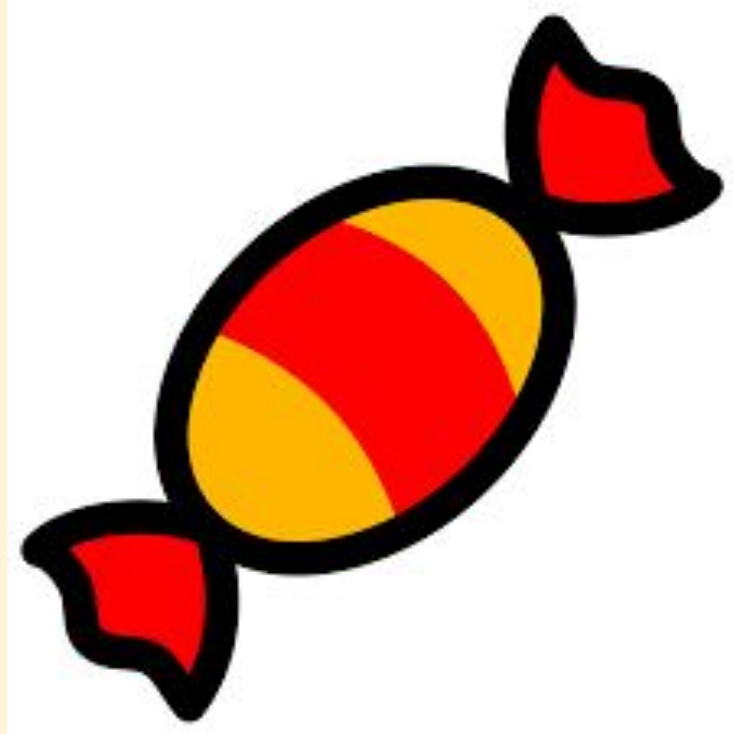


# Pizza



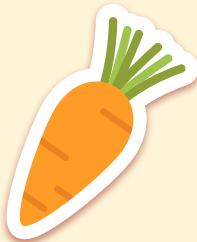


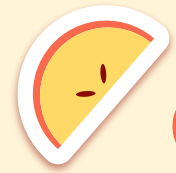
**Candy**



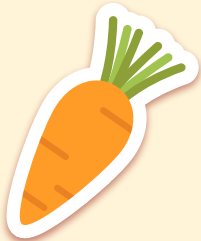


# Potato Chips



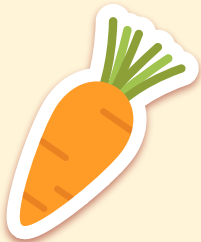
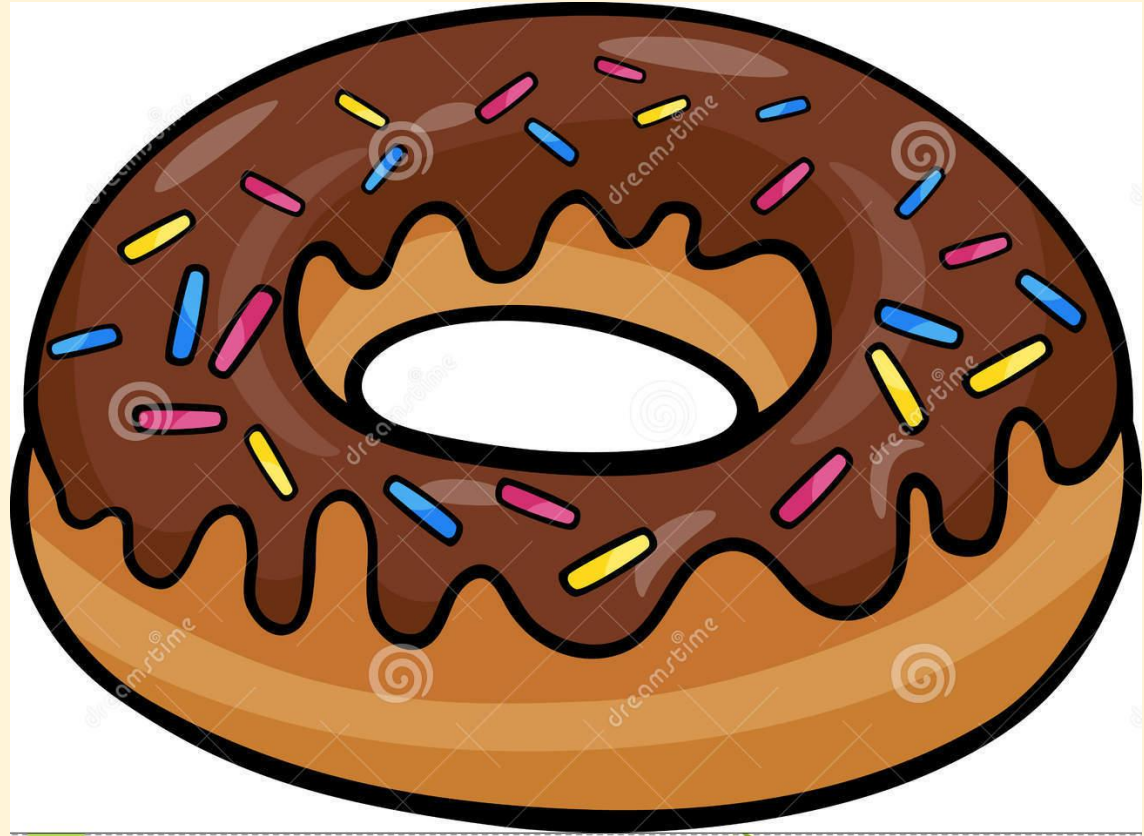


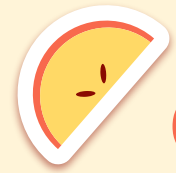
# Cookies



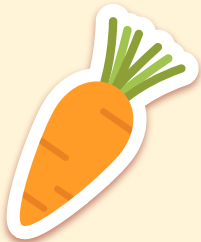


# Donuts





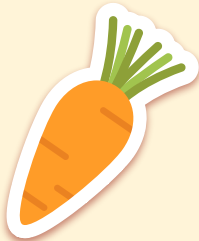
# Onion Rings

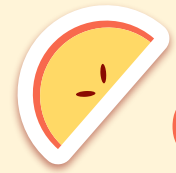




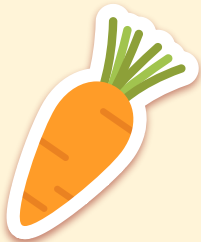


# Nachos





# Cotton Candy





# Bacon

