

Looking for a healthy platter of 5 food items to bring to a morning presentation? The below items offer those attending a variety of nutritious morning snack choices. They can each fill a plate with 2-3 items and enjoy a high fiber, heart healthy and satisfying mix to help fuel them through a busy day! Share this handout for a lively discussion!

Morning Snack Food Choices	Calories	Carb & Fiber gms	Protein gms	Fat & Sat Fat gms	Cost/serving
Mini Bagel 1 100% whole wheat Thomas	110	22 3	5	1 0	\$0.25
Banana, medium OR Mandarin oranges Dole 4 oz. cup	105 70	27 3 18 1	0 0	0 0 0 0	0.22 0.75
Yogurt, lite 6 oz. Yoplait OR Yogurt, regular 6 oz. Yoplait	80 170	15 0 33 0	5 5	0 0 1.5 1	0.50 0.62
Peanut Butter, 1 Tbsp Skippy	95	3.5 1	3.5	8 1.5	0.09
Fruit bar 1 Kashi whole grain	130	24 3	2	3 0	0.53



Afternoon meeting? With these perky, great choices, your attendees will wake up and stay focused during your afternoon meeting or presentations! Healthy hint: Choose 2-3 items to keep the total calories under control for this midday snack!

Afternoon Snack Food Choices	Calories	Carb & Fiber gms	Protein gms	Fat & Sat Fat gms	Cost/serving
Wheat thin whole grain crackers, 8	70	11 1	1	3 0.5	\$0.18
Grapes, red/green 20 small or 12 large OR Apple, small 1 with skin	68 77	18 1 20 3.6	0 0	0 0 0 0	0.19 0.20
Cheese sticks, 1 Sargento lite colby OR Meijer, lite mozzarella	60 60	0 0 0 0	5 8	4.5 2.5 2.5 1.5	0.40 0.31
Walnuts, 4 halves	49	0 0.5	1	5 0.5	0.10
Carrots, petite sticks, 1/3 cup	35	8 2	0	0 0	0.42

Prefer a sweet treat? Try Popsicle low fat fudgesicles or Jello sugar free pudding cups, both with 60 calories per serving and 1.0 - 1.5 gms fat. Here's to your health!