



What's Your Snack?

**Do all
foods have
a nutrition
label?**



**The healthiest snack choices don't
always have a nutrition label!**



Snack Choices

When you are hungry,
your body is telling you
it needs nutrients.

Reach for a snack
instead of a treat!



Snack – a small portion of nutritious food eaten between meals

Treat – less nutritious option with more added sugar than snacks



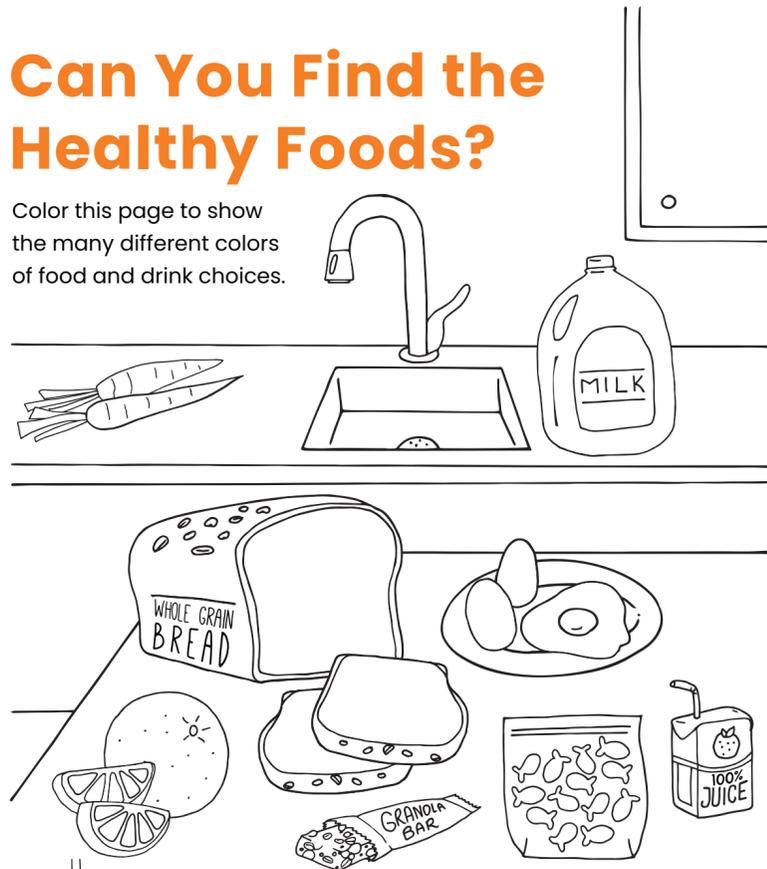
WHAT SNACK CHOICES ARE BEST FOR YOUR BODY AND BRAIN?

Find the Healthy Snacks

Print off the seek and find coloring pages and test your snack smarts!

Can You Find the Healthy Foods?

Color this page to show the many different colors of food and drink choices.



Put a red circle around the foods that have the least amount of health benefits. Eat them less often.

Put a yellow circle around the foods that have some health benefits. Eat them sometimes.

Put a green circle around the foods that have the most health benefits. Eat them most often.



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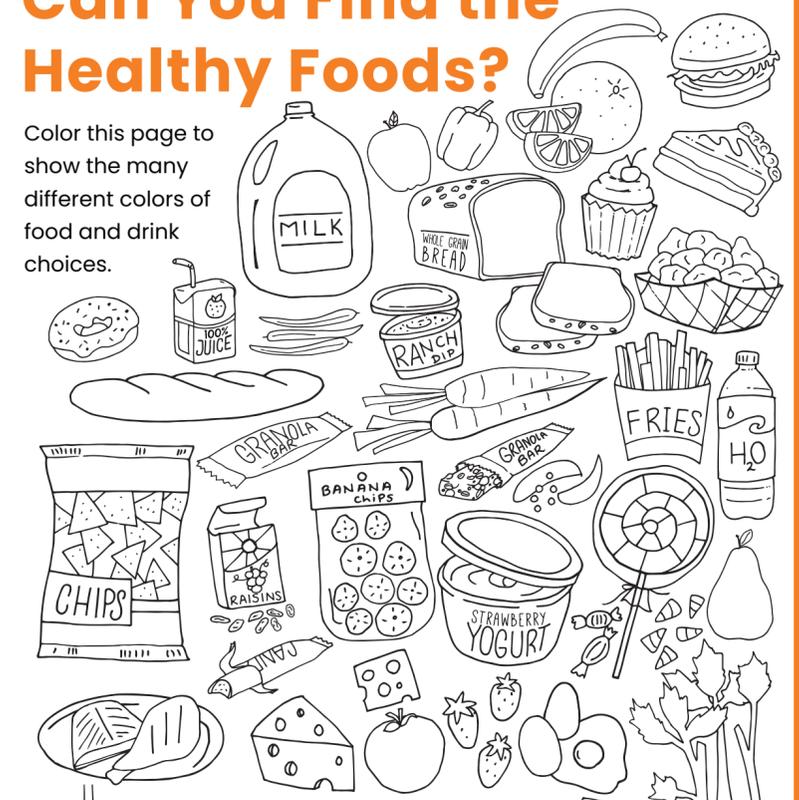
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