

Veg Out Your Snacks

Aim to eat 2 to 3 cups of vegetables per day – including them in snacks will help meet this goal.

1



Edamame – fresh or roasted

2



Carrot sticks + peanut butter

3



Celery + nut or seed pack

4



Cherry tomatoes + mozzarella

5



Pepper strips + hummus

6



Snap peas – fresh, baked, dried

7



Beet chips

8



Cucumber + cottage cheese/yogurt