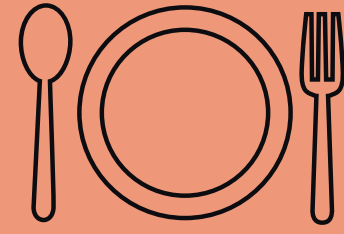


# TIPS FOR SNACKING (YAPHÂPHÂPI) AND EATING ON THE GO



**Fruits & veggies  
make an easy  
snack**

- Mix fresh fruit with cottage cheese
- Dip carrots and celery in hummus
- Grab a banana on your way out the door
- Wash and slice fresh produce for a road trip snack



**Pay attention  
to portion sizes**

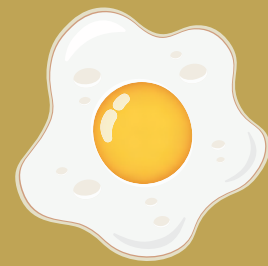
- When possible, plate your snacks in a single serving to avoid over-eating
- Portion out snacks into sandwich baggies for ease of transport

**On the go  
snacks**



- Try homemade trail mix with nuts and dried fruit
- Unsalted, dry-roasted nuts such as almonds or walnuts
- Fresh fruit such as apple or banana

**Protein snacks**

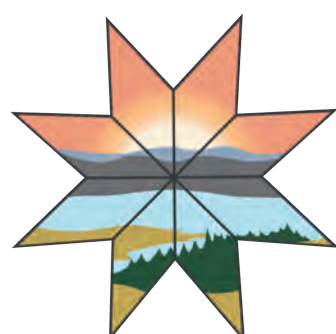


- Hard-boiled eggs
- Cottage cheese
- Greek yogurt
- Edamame (soybeans typically in the frozen food section)



**Healthy  
Alternatives**

- Yogurt instead of ice cream
- Trail mix instead of potato chips
- Sliced cucumber with sliced turkey instead of salty snacks



**MISSOURI BREAKS**  
*Creating Opportunities for Health*