



ARE SNACKS IMPORTANT?

***Snack is a light meal of
approximately 100 calories***

- *Is made 2 to 3 hours after each meal.*
- *Bring benefits for all ages.*
- *Allows to meet nutritional needs at every stage of life.*



TIPS FOR MAKING HEALTHY SNACKS

- Plan your snacks according to MyPlate recommendations, including 1-3 of the 5 food groups: fruits, vegetables, cereals, protein and dairy.
- Choose foods high in fiber (3-5 grams or more), fruits, vegetables and whole grains.
- Limit foods high in sugar, fat or sodium: salted chips, sweet biscuits, pastries and soft drinks.
- Control your portions using small containers.
- For children, be careful with foods that may cause choking such as grapes, nuts, popcorn and peanut butter.
- Select foods that are beneficial to your health and development that help you meet your daily nutritional requirements:
 - **Calcium:** low-fat milk, yogurt, sardines, salmon
 - **Iron:** grains, spinach, fortified cereals
 - **Potassium:** plums, banana, sweet potato, potatoes, oranges
 - **Vitamin D:** low-fat milk, salmon, mushrooms
 - **Vitamin A:** carrot, sweet potato, cantaloupe



Examples of healthy foods to prepare your snacks:

Food group	Healthy option
Fruits	Fresh or canned fruits, fruit juice (100%), dried fruits, frozen fruit whipped.
Vegetables	Raw carrots, broccoli or celery, vegetable juices (100%).
Grains	Wholemeal bread, oatmeal cookies, cereal bars or low-sugar dry cereals, soda biscuits.
Proteins	Turkey ham, tuna, hummus, nuts and/or almonds, grains or soy products.
Dairy products	Milk, yogurt, low-fat cheese (1%) or fat-free.

References: www.ChooseMyPlate.gov • <https://www.who.int/es/news-room/fact-sheets/detail/healthy-diet>

FOR MORE INFORMATION, contact your doctor or call us at the **Beneficiary Services** Center at:

1-844-336-3331 | **787-999-4411**
TOLL FREE | TTY (HEARING IMPAIRED)
MONDAY THROUGH FRIDAY: 7:00 A.M. TO 7:00 P.M.



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