

MyPlate Snack Platter

6 servings

Include healthy snacks in your meal plan and include them on your grocery list. Be flexible.

Vegetables (3 cups)	Fruits (3 cups)	Grains (6-12 ounces)	Protein (4-8 ounces)	Dairy (8 ounces)
Bell pepper slices	Apple slices	Pita chips	Hummus (1 cup)	Cheese cubes or slices
Broccoli florets	Berries (blueberries, raspberries, strawberries)	Pretzels	Nuts (almonds, cashews, peanuts) (½ cup)	Greek yogurt
Carrot sticks	Cherries	Tortilla chips	Sliced meat (chicken, ham, turkey) (8 oz)	
Cauliflower florets	Dried fruit (cherries, cranberries, apricots)	Whole grain bread	Tofu (8 oz)	
Celery sticks	Grapes	Whole grain crackers		
Cherry tomatoes	Kiwi slices			
Cucumber slices	Mandarin orange slices			
Snap peas	Melons (cantaloupe, watermelon)			
Zucchini slices	Pineapple chunks			

1. Wash hands with soap and water.
2. Wash fresh fruits and vegetables by gently rubbing soft fruits or vegetables under cold running water or scrub firmer fruits or vegetables with clean vegetable brush under running water.
3. On a platter, baking sheet or plate, arrange desired vegetables, fruits, grains, protein and dairy options to create a delicious snack platter*.
4. Feel free to include other foods not listed.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



*This snack platter could also serve as a great picnic option. Make a smaller serving for one on a plate. Dip selections could include your choice: fruit dip, guacamole, ranch, or salsa. *Source: Nebraska Extension*

Nutrition Information per Serving: (1/6 of recipe) *Calories 390, Total Fat 21g, Saturated Fat 8g, Protein 16g, Total Carbohydrate 40g, Dietary Fiber 5g, Total Sugars 10g, Added Sugars 0g, Sodium 620mg.*