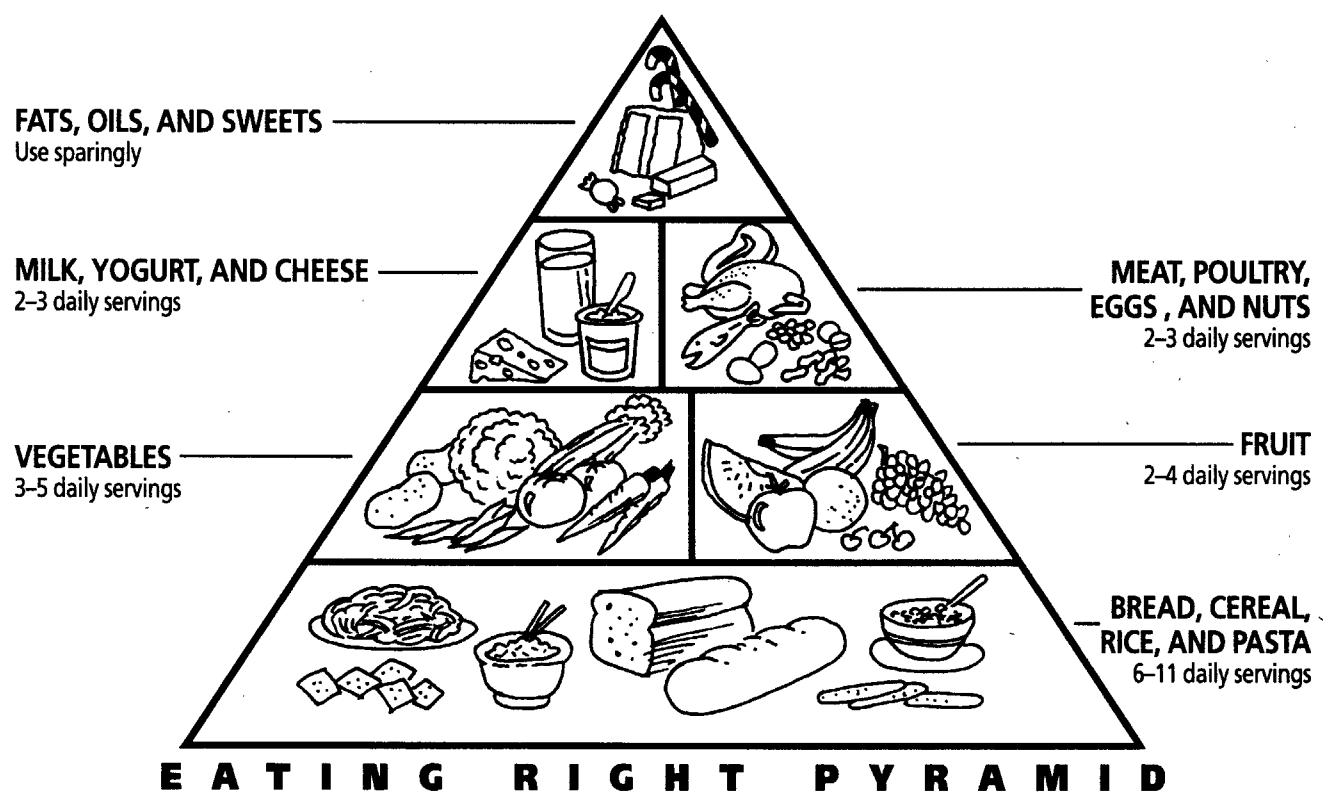


Name _____

Pyramid Power

Snacks like candy or cookies bring quick relief from hunger but don't contribute much nutrition. Carefully chosen snacks that contain some of the essential protein, minerals, and vitamins you need can provide real food value. If you are a snacker, chances are some of your snacks need upgrading.

The best snacks come from lower portions of the Eating Right Pyramid. Use this chart to be sure that you are getting the amounts of these foods that your body requires.



Your body is growing, so good nutrition needs to be a part of your daily habits. Snacks that are high in taste appeal and low in sugar, such as fresh fruits, salads, raw vegetables, nuts, popcorn, and cheese, not only help your body to develop, they also cut down on the wear and tear of your teeth that sugary snacks cause.

Whether you are an occasional snacker or a frequent nibbler, remember, you can make every morsel count!