



HEALTHY ME

PREP TIME: 5 minutes

SERVING SIZE: 1 snack

COOK TIME: 0 minutes

SERVES: 1

INGREDIENTS

- 1 string cheese
- ¼ cup shredded carrots
- 3 pretzel sticks
- 6 grapes
- 6 raisins

PREPARATION

1. On a plate create place all of your ingredients.
2. Using all of the ingredients create a healthy me.
Show a version of you being healthy and active. Be creative!

Optional: garnish with carrots.

SOURCE (OR ADAPTED FROM)

TheNutritionProgram.org

Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

www.centraltexasfoodbank.org/recipes



Nutrition Facts

1 servings per container
Serving size 1 snack

Amount per serving
Calories 130

% Daily Value*

Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 330mg	14%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 0mg	0%
Potassium 103mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 1/21
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YO SOY SALUDABLE

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 snack

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 1

INGREDIENTES

- 1 tira de queso
- ¼ taza de zanahorias en tiras
- 3 palos de pretzel
- 6 uvas
- 6 pasas

PREPARACIÓN

1. En un plato coloque todos sus ingredientes.
2. Muestre una versión de usted siendo saludable y activo. ¡Sea creativo!

Opcional: Adornar encima con más zanahorias.

FUENTE (O ADAPTADA DE)

TheNutritionProgram.org

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

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Esta institución ofrece igualdad de oportunidades.

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