

COVID-19

SNACKING AT HOME

This information is also available online at hprc-online.org/total-force-fitness/hope-those-covid-19-frontline/featured-resources/snacking-home.

A healthy snack provides 100–300 calories, depending on your activity level. Try to stock up on a variety of nutrient-rich snacks.

Choose snacks you enjoy with ingredients you already have in your home. Check out some of our snack pairings:

**Peanut butter
(or other
nut butter)**



Apples or bananas
Celery
High-fiber crackers
Whole-grain toast

**Low-fat
Greek yogurt**



Fresh fruit or veggies
Granola
Cereal
Make into dips
or smoothies

**Hummus
and other
low-fat dips**



Whole-grain pita
Fresh veggies
(cucumbers, peppers,
carrots, etc.)
Pretzels
Baked chips

***If you're craving something salty,
choose snacks such as:***

- Baked chips and salsa
- Trail mix
- Roasted nuts
- Pretzels

***If you're craving something sweet,
choose snacks such as:***

- Granola bar
- Smoothies made from low-fat yogurt
- Fresh, dried, or frozen fruit
- Individually wrapped dark chocolate

***If you're craving something else,
choose snacks such as:***

- Hard-boiled eggs
- Low-fat cheese
- Instant oatmeal
- Air-popped popcorn

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Handy YOUR GUIDE TO PORTION SIZES

You hear about eating the snacks you enjoy “in moderation,” but what is a moderate portion?

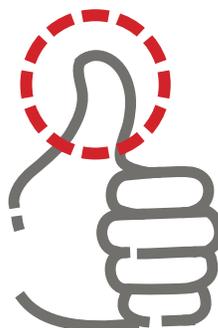
Use this “handy” guide to estimate portion sizes as part of your healthy snacking plan.

Don't forget to exercise! It's important to keep moving, whether outside or around your home.

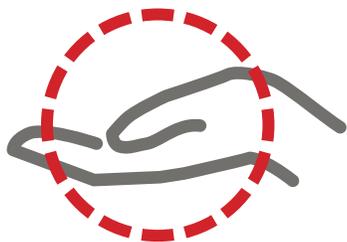
Visit www.hprc-online.org/physical-fitness/training-performance/homemade-fitness for some tips.



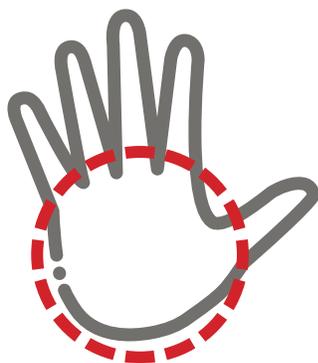
Your fist equals about 1 cup of milk or raw vegetables.



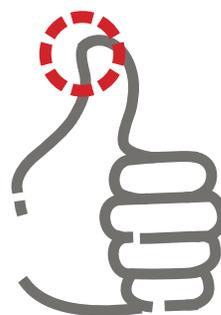
Your thumb equals about 2 tablespoons of peanut butter or salad dressing.



Your cupped palm equals 1/2 cup of cooked fruit, vegetables, beans, or starch.



Your open palm equals about 3 ounces of cooked meat, fish, or poultry.



Your thumbnail equals about 1 teaspoon of butter or margarine.



Note: You might have larger or smaller hands but generally speaking your hand size is relative to your body size and, as a result, your portion needs.

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