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

This information is also available online at hprc-online.org/total-force-fitness/hope-those-covid-19-frontline/featured-resources/snacking-home.
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 thumbnail equals about 1 teaspoon of butter or margarine.

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

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.