

## **MyPlate Snack Board**

### **Ingredient Ideas:**

#### Fruit Group Ideas:

Grapes  
Strawberries  
Blueberries

#### Vegetable Group Ideas:

Carrots  
Spinach  
Sugar Snap Peas  
Tomatoes

#### Grain Group Ideas:

Whole Grain Crackers  
Graham Crackers  
Whole Wheat Tortilla

#### Protein Group Ideas:

Low-Sodium Deli Turkey

#### Dairy Group Ideas:

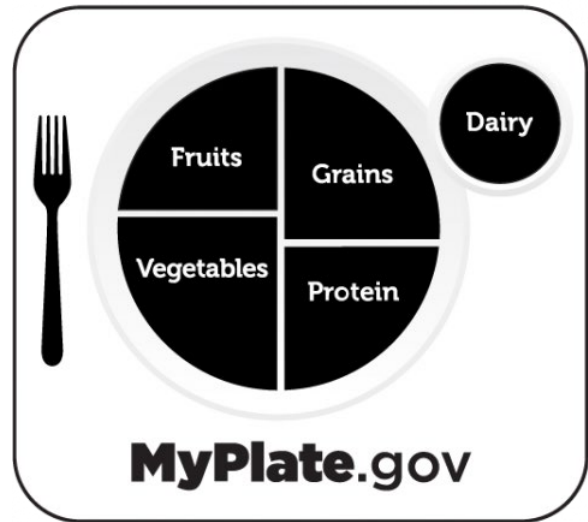
Cubed Mozzarella Cheese  
Cubed Cheddar Cheese

### **Instructions:**

1. Wash fruits and vegetables under cool running water before cutting, peeling or eating.
2. Cut or prepare a colorful variety of fruits, vegetables, protein and dairy.
3. Arrange these groups on a platter, large plate or cutting board.
4. Add the whole grain crackers to the board.
5. Add a dipping sauce in a small bowl like low-fat ranch, hummus or peanut butter.

Prep time: 10-15 minutes

Source: LSU AgCenter



For more information and ideas about MyPlate Snack Board check out:

<https://www.myplate.gov/eat-healthy/what-is-myplate>

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