



# Campbell's®

## Nutrition Tips for Smarter Snacking

Be intentional with your snack choices. Whether you're hungry and won't be able to eat for a couple of hours or you just have a craving, these tips can help you balance your snacks.

### Plan & Prep Tips:



# 1

#### Balance

Have a mix of healthy fats, protein, & carbohydrates by eating 2 or more food groups.



# 2

#### Increase Fiber

Fill up with higher fiber fruits, veggies, & whole grains.



# 3

#### Plan Ahead

Plan your snacks like you would plan your meals. Keep tasty & nutritious options on hand.



# 4

#### Moderation

Be intentional with your choices. If you're craving something indulgent, enjoy it in moderation.

## When You're Hungry, but Your Meal is Hours Away

Get a mix of nutrients in your snack by choosing from 2 or more food groups.

### Filling Comfort

Well Yes!® Roasted Red Pepper & Tomato Sipping Soup  
+  
Emerald® Nuts 100 Calorie Pack

### On-The-Go Snacking

Low-fat Yogurt  
+  
Trail mix

### Get Your Greens In

Avocado Toast using Pepperidge Farm®  
100% Whole Wheat bread topped with arugula  
+  
Low Sodium V8® Vegetable Juice

### Snack-Size Pizza

Whole wheat English muffin or pita bread topped with  
Prego® Italian Sauce  
+  
1oz Part-skim mozzarella, topped with veggies & toasted

# When You Have a Craving

Sometimes you just want to indulge, and that's okay!  
Pair your sweet or savory craving with something nutritious to balance out your snack.



- *Late July*® Tortilla Chips & veggies paired with a homemade dip of *Pace*® Salsa & plain Greek yogurt
- *Snack Factory*® Pretzels Crisps & apple slices dipped in peanut butter
- Yogurt parfait with plain low-fat yogurt, berries, & *Goldfish*® Grahams
- *Milano*® or *Pepperidge Farm Farmhouse*® cookies paired with fresh seasonal fruit
- Personalized trail mix using your favorite dried fruit, nuts, & seeds

## Shopping List

### Produce

- Cucumbers
- Sweet Bell Peppers
- Baby Carrots
- Cherry Tomatoes
- Apples
- Oranges
- Avocado
- Bananas
- Berries
- Arugula

### Center Aisle Foods

- Dried Fruit
- Emerald*® Nuts
- Late July*® Tortilla Chips
- Pace*® Salsa
- Goldfish*® Baked with Whole Grain Crackers
- Goldfish*® Grahams
- Snack Factory*® Pretzel Crisps
- Milano*® or *Pepperidge Farm Farmhouse*® Cookies
- Sunflower Seeds
- Peanut Butter
- Low-fat Yogurt
- V8*® 100% Vegetable Juice
- V8*® Fruit & Vegetable Blends 100% Juice
- Prego*® Italian Sauce
- Well Yes!*® Sipping Soup

### Bread

- Whole Wheat English Muffins
- Pepperidge Farm*® Whole Grain Bread

### Dairy

- Low-fat Mozzarella Cheese
- Low-fat Greek Yogurt