

# Whitewater Nutrition

## Power Snacks

Plan out your snacks for the day. Don't get something on the run. You'll save money, and you can make a healthier choice.

### Snack #1 - Apple and 1tbsp. Peanut Butter

Peanut Butter contains healthy UNSATURATED FATS! Peanut Butter is also a great source of protein. We all know an apple is healthy! This snack has everything -It is a low calorie snack with plenty of fiber from the fruit.

#### Estimated Nutrition Facts:

Calories:200 Fat:7g Carbohydrates:20g Fiber:5g Protein:4g

### Snack #2- Light Yogurt and Banana

This is a great combo for quick snack. Hint: Pick a light yogurt by checking your food labels for calories. Different brands contain different calorie counts.

#### Estimated Nutrition Facts:

Calories:200 Fat:2g Carbohydrates:30g Fiber:4g Protein:10g

