Good nutrition can be spread throughout the day with meals and snacks.

A healthy eating pattern can include:

**SNACKS**
- Snacks can be quick and simple
- Prepare tasty snacks ready to grab-and-go

**DESSERTS**
- Make fresh fruits a main part of your desserts
- Add nuts and seeds to baked goods

**BEVERAGES**
- Hydration is important to help maintain good health
- Focus on drinking mostly water or try fruit-infused water for more flavor

To learn more, please visit shfb.org/nutrition-center