

# On the Go “Quick Picks”



## Try these the next time hunger strikes!

- Calcium-rich fat-free or lowfat yogurt or yogurt drinks
- Protein-packed beef jerky
- Vegetable or tomato soup and whole grain crackers
- Fresh vegetable salads with low-calorie dressing
- Packages of baby carrots, broccoli florets, or celery sticks
- Cheese sticks
- Cereal bars or nutrition bars
- Packets of nuts, sunflower seeds, or trail mix
- Bags of baked chips or lowfat popcorn
- Fig bars or animal crackers
- Fresh fruit, fruit salads, or fruit cups
- Fat-free or lowfat regular or flavored milk
- 100% fruit or vegetable juice
- Whole grain cereal mixed with lowfat yogurt
- Lean roast beef, ham, or turkey on a whole wheat tortilla with cherry tomatoes
- Baked tortilla chips and black bean dip
- Lowfat cottage cheese with sliced tomatoes, strawberries or cantaloupe cubes
- Whole grain pita bread triangles and flavored hummus
- Frozen 100% fruit juice bar
- Trail mix made with bite-size shredded wheat squares, sunflower seeds and dried cranberries or blueberries

*(Adapted from Cattleman's Beef Board and National Cattlemen's Beef Association "Live Well! Eating the Nutrient Rich Way On the Go")*