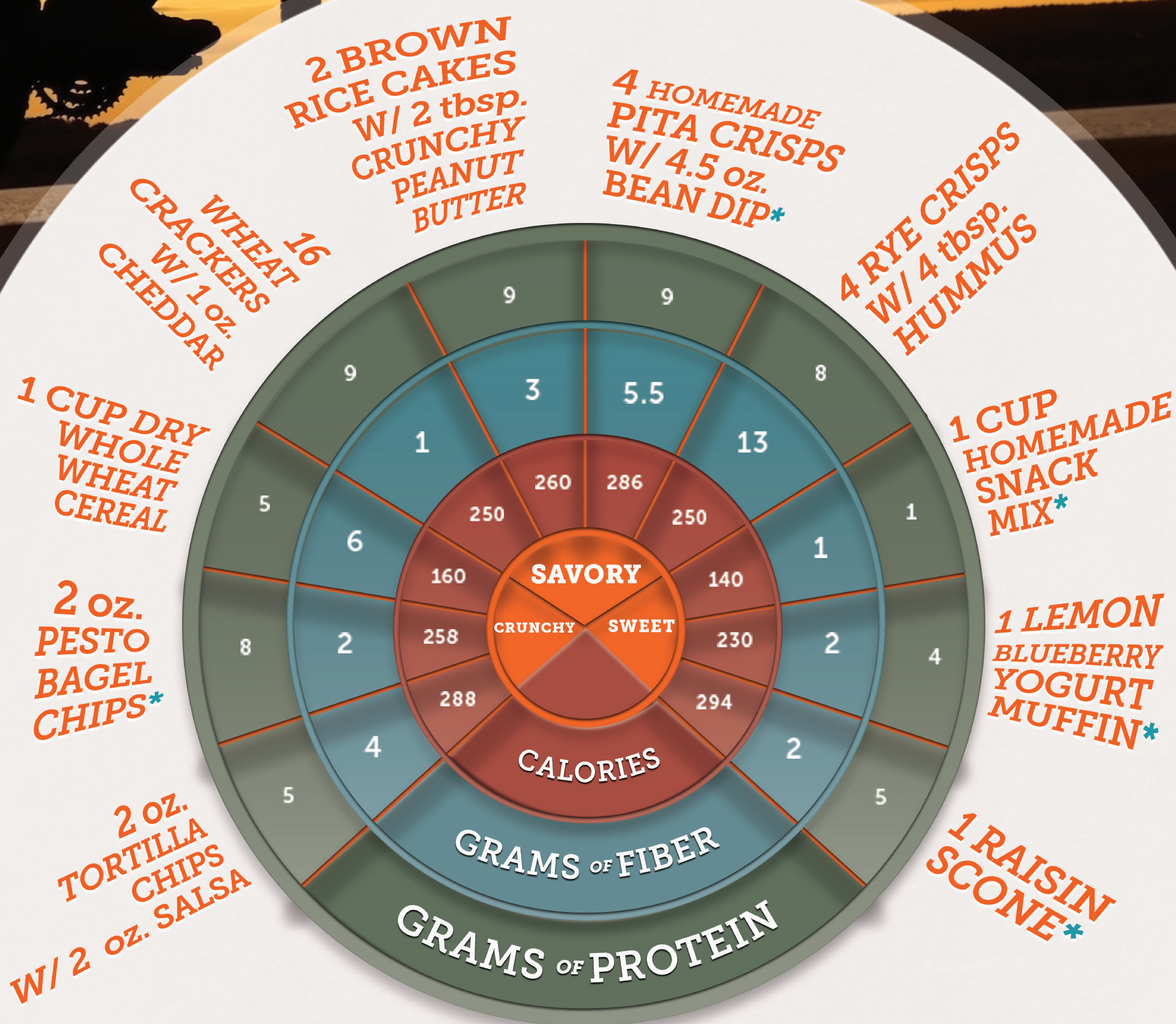


GRAINS ON THE GO

Everyone has experienced the grumble of mid-afternoon hunger. Here are some of our favorite healthy options for satisfying cravings and getting the energy you need, when you need it.



FIBER

helps you feel fuller, so snacks that are full of fiber can help tide you over until your next meal. Plus, snacking on fiber helps you reach your daily adequate intake, between 25 and 30g. depending on the amount of calories you consume.¹

PROTEIN

is easy to add to your on-the-go snacks with foods such as cheese, beans and peanut butter. USDA MyPlate recommends most people consume between five and six ounces of protein per day from a variety of sources.²

1. Slavin, Joanne, PhD, RD. "Position of the American Dietetic Association: Health Implications of Dietary Fiber." Journal of the AMERICAN DIETETIC ASSOCIATION (2008): 1716-731. Print.
2. Health and Nutrition Benefits of Protein Foods. USDA MyPlate, n.d. Web. 5 Aug. 2013.
All nutrient analysis data comes from the USDA Nutrient Database for Standard Reference.



*Get the simple recipes for these satisfying snacks and more at GrainFoodsFoundation.org