

# Health & Nutrition Sciences

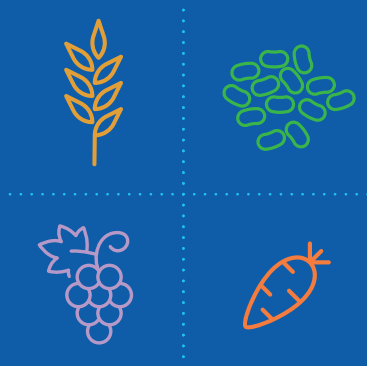
## How to Build a Nutritious Snack Board for Entertaining

To encourage the consumption of whole grains, legumes, and other under-consumed food groups

Inspired by Dawn Jackson Blatner, RDN, CSSD

### 3 Steps to Create a Nutrient-Diverse Snack Board:

Building a nutritious snack board is an easy way to add more diversity to your diet. The key to creating a balanced board is to incorporate a variety of under-consumed food groups, such as whole grains, legumes, fruits, and vegetables, in place of more traditional ingredients. Entertaining with a snack board looks fancy, but tends to be easy, cost-effective, and flexible so that there is something for everyone's food preferences.



#### SELECT YOUR HUMMUS.

Place hummus onto the center of your board and use the back of a spoon to create a swirl in the hummus, working from the center out.

#### CHOOSE YOUR ITEMS.

Select 1-2 foods from each group to make sure there is nutrient diversity and variety in flavors, colors, and textures.

#### ARRANGE YOUR BOARD.

Aim to put each item in 3 separate piles spaced randomly on the board. This is the "Rule of 3" that designers use to make things visually appealing.

### Get Creative!

Here are a few examples of foods to include on your snack board. Aim to choose produce that is in-season since it will likely taste better and be less expensive.

#### FRUITS

- Apple slices
- Berries
- Dried fruit
- Grapes
- Orange segments
- Pomegranate arils

#### VEGETABLES

- Bell peppers
- Broccoli
- Brussels sprouts
- Carrots
- Celery
- Cucumber
- Sweet potato



#### LEGUMES

- Edamame
- Lentil chips
- Marinated beans
- Seasoned chickpeas

#### EXTRAS

- Fruit jam
- Herbs
- Honey
- Nuts
- Olives
- Pickles
- Seeds

#### WHOLE GRAINS

- Chips
- Crackers
- Pita bread
- Popcorn
- Toasts