



Plus! it up!

PLUS IT UP WITH GENERAL MILLS SNACKS

The average American snacks 2-3 times per day¹ and most commonly chooses cookies and brownies, nuts and seeds and chocolate-containing candy.² Need some more nutritious snackspiration? Mindful snacking with these General Mills nutrient-dense, convenient options can help you plus up your snacks.



DAIRY



FRUIT

Help satisfy your mid-morning hunger – and keep calories in check – with creamy yogurt that is a good source of calcium and vitamin D, paired with fruit to round out the nutrition.



THESE
SNACK OPTIONS
ARE ALL AROUND
**\$1 DOLLAR AND
200 CALORIES**
PER SERVING.³

FRUIT



FIBER

Help satisfy your sweet tooth with a flavorful snack that contains a half-cup of fruit, five grams of fiber and six simple ingredients.



WHOLE
GRAIN



NUTS

Whole grain oats and real roasted almonds come together to create a convenient snack any time of day.



The Academy of Nutrition and Dietetics recommends choosing snacks less than 200 calories for the average adult.⁴

For more nutrition information and resources, visit BellInstitute.com



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¹ A snacking nation: 94% of Americans snack daily | Mintel.com ³ Nielsen Avg EQ Serving Price Latest 52 Wks - w/e 11/06/21

² NHANES 2015-2016, Dietary data for adults 18 years or older, excluding beverage consumption ⁴ The Academy of Nutrition and Dietetics. 2017. [Smart Snacking for Adults and Teens](http://SmartSnackingforAdultsandTeens).