pepsico | Health & Nutrition Sciences

HOW TO BUILD A NUTRITIOUS SNACK BOARD FOR ENTERTAINING

Snack boards encourage intake of a variety of foods, are easily customizable, and are perfect for social gatherings or everyday snacking. Here are some tips and ideas for how to combine nutrition, creativity, and convenience to make your own snack board.

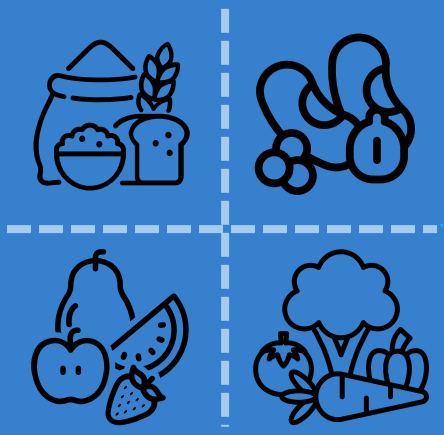
Inspired by Dawn Jackson Blatner, RDN, CSSD

3 Steps to Create an Interesting & Nutritious 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 food groups**, such as whole grains, legumes, fruits, and vegetables.

Entertaining with a snack board can be a fun and easy way to **offer options to meet everyone's needs & preferences**.



CHOOSE YOUR ITEMS
Select 1-2 foods from each food group to make sure there is variety in nutrition, flavors, colors, & textures.

ADD YOUR DIPS
Place dips (like hummus, jam, etc.) in small bowls toward the center of your board for easy access.

ARRANGE YOUR BOARD
Use the "Rule of 3" to make things visually appealing - divide each food item into 3 separate piles and space each pile randomly on the board.

GET CREATIVE!

Here are a few examples of foods you can include on your snack board, but feel free to make it your own depending on your preferences or availability of items near you!



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

Updated November 2026