

NEED A SNACK?



HEALTHY SNACK IDEAS

MIX & MATCH
Just keep things in proportion

CRUNCHY

Granola bar, High fiber cereal,
Raw vegetables (like carrots), Apples, Pears

SALTY

Pretzels, Nuts,
Low fat popcorn

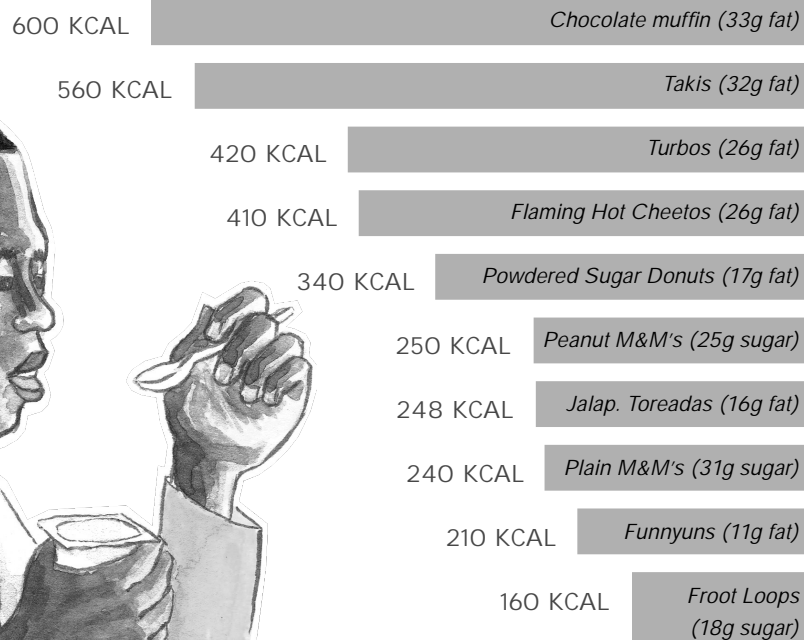
SOFT

Frozen yogurt, Yogurt, Mango, Banana,
Dried fruit, Frozen 100% fruit bar

Cheese, Hummus,
Peanut butter

CORNER STORE SNACKS UNDER \$2.50:

WHAT TO AVOID!!!



TRY THESE INSTEAD:

- SUNFLOWER SEEDS: 80 KCAL, 6g FAT
- SMOKED BEEF JERKY: 100 KCAL, 5g FAT
- BEEF & CHEESE STICK: 130 KCAL, 10g FAT
- CORN NUTS 220 KCAL, 8g FAT
- CASHEWS 250 KCAL, 20g FAT
- PEANUTS 290 KCAL, 25g FAT

DRINKS (0 KCAL, 0g SUGAR)

- Drink water!
- Non-sweetened iced tea
- Sparkling water

DRINKS TO AVOID: Arizona Iced Tea (225 kcal, 60g sugar)
Vitamin Water (125 kcal, 33g sugar) • Rockstar (280 kcal, 62g sugar) • Gatorade (150 kcal, 38g sugar)

EMPOWER YOURSELF WITH HEALTHY EATING

