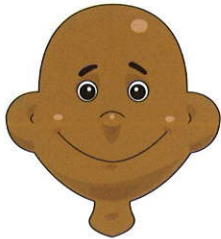
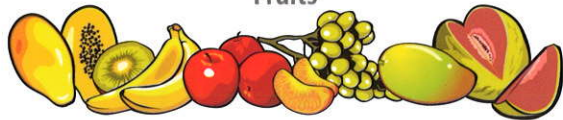


SMART SNACKING



EAT MORE OF THESE:

Fruits



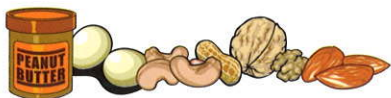
Whole grain breads, crackers & cereal



Low fat cheese, yogurt & milk



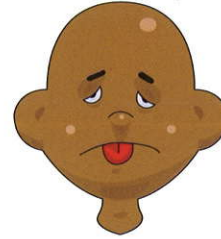
Peanut butter, nuts & eggs



Vegetables



Water, tomato juice,
low fat milk & 100% fruit juice



EAT LESS OF THESE:

Fruits in heavy syrup and candy



Cakes, cookies & donuts



Whole milk, ice cream & high fat cheese



Potato chips, flaming hot chips and other fried chips



French fries and other fast foods



Soda & flavored drinks



Alameda County Public Health Department Nutrition Services • 3600 Telegraph Ave. • Oakland, CA 94609

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