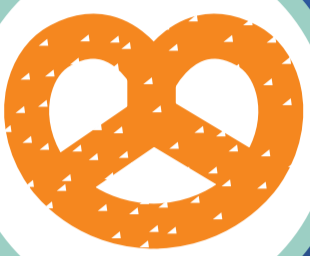


Smarter Snacking

Need a snack without a lot of extra calories?

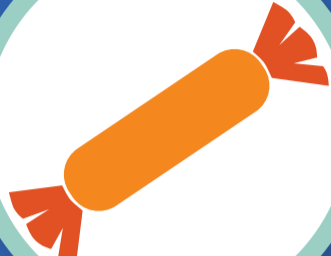
Try one of these options.

Remember, all snacks are best in moderation.



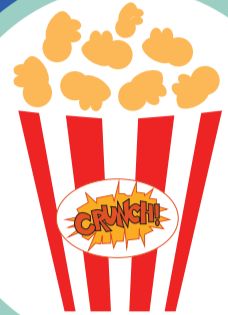
Salty

- Whole-grain pretzels
- Roasted almonds
- Baked tortilla chips with salsa
- Hummus or guacamole with veggies or whole-grain chips
- Water-packed tuna on a small roll
- Cottage cheese
- Reduced-sodium turkey wrap



Sweet

- Fresh fruit
- Dried fruit
- Raisins
- Graham crackers
- Animal crackers dipped in low-fat pudding
- A thin slice of angel food cake
- Low-fat, whole-grain muffin



Crunchy

- Raw carrot sticks, broccoli spears, or celery
- Fresh apple
- Ready-to-eat oat cereal
- Whole wheat crackers
- Air-popped popcorn
- Breadsticks
- Unsalted rice cakes
- Roasted soybeans, peas, or chickpeas



Creamy

- Fat-free pudding
- Plain, fat-free yogurt
- Fruit smoothie
- No-sugar added apple-sauce
- Peanut butter on whole wheat crackers
- Low-fat cheddar or string cheese



Cool

- Ice milk or fat-free frozen yogurt
- Frozen juice bar
- Fat-free or low-fat milk
- Frozen bananas
- Frozen grapes



Hot

- Hot coffee with fat-free milk
- Tomato or vegetable soup
- ½ whole wheat toasted English muffin with jelly
- Baked potato with low-fat cheddar cheese and salsa

Check labels! Get in the habit of looking at the nutrition label on packaged foods. You may be surprised at how much sugar or fat some foods contain. By checking the label, you can make better choices!