Eat This Not That Snack

For added sugar try to stay below 25 grams a day (or 6 teaspoons)

Fruit flavored

Granola bars

Crackers & butter biscuits

Cakes & cookies

Chicken nuggets and fries

This is not a snack. Choose to follow My Plate for a balanced meal.

Talk to your CHN nutritionist if you have more questions!

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Eat This Not That Breakfast

For added sugar try to stay below 25 grams a day (or 6 teaspoons)

**Sugary cereal**
- Kellogg's Frosted Flakes
- Capn Crunch Crisp Crumbles
- Fiber Pops

**Sugary yogurt**
- Yoplait Original Yogurt
- Dannon Oreo Yogurt
- Dannon Fruity Popsicle Yogurt

**Nutella on plain bread**
- Nutella spread

**For added sugar try to stay below 25 grams a day (or 6 teaspoons)**

**Fiber cereal**
- Total Whole Grain
- Quaker Oats
- Wheat Chex
- Kix

**Greek yogurt**
- Chobani Greek Yogurt

**Natural PB on whole grain bread**
- Skippy Natural Peanut Butter
- Whole grain bread

**Fruit cup**
- Mixed fruit cup

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Drink This Not That

For added sugar try to stay below 25 grams a day (or 6 teaspoons)

Fruit Juice

Add fruit to water or have protein smoothie

Sweetened iced tea

Unsweetened iced tea

Mixed juices

Less sugar or eat fruit

Chocolate drink

Chocolate milk or kefir

Soda varieties

Seltzer water

Sugary coffee drinks

Iced or hot coffee

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