

Eat This Not That Snack

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

Fruit
flavored



Fruit



Granola
bars



Nuts or
dried
fruits



Crackers
& butter
biscuits



Whole-
grains &
protein



Cakes &
cookies



Nuts
& fruit



Chicken
nuggets
and fries



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

Eat This Not That Breakfast

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

Sugary cereal



Fiber cereal



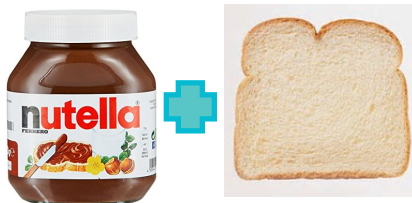
Sugary yogurt



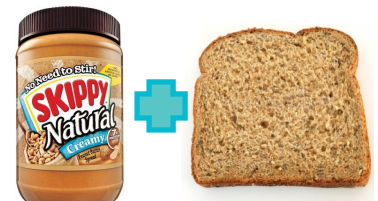
Greek yogurt



Nutella on plain bread



Natural PB on whole grain bread



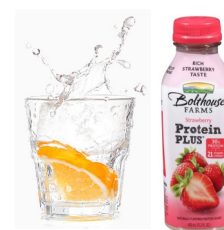
Drink This Not That

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



Talk to your CHN nutritionist if you have more questions!

Care you feel good about. | 866.246.8259 | www.chnnyc.org