

Snack Smart!

Eat snacks that have more nutrients and less sugar and fat.

Try:

- Nature Valley or healthy granola bars



- Frozen grapes or berries
- Frozen fruit bars

- Low-fat popcorn, trail mix, or nuts



- Water, seltzer, or fruit flavored water

- Whole-wheat English muffin with peanut butter and bananas



Stay away from:

- Snack cakes, cookies and Honey buns



- Candy and sweets

- Ice cream bars and sandwiches



- Chips like Doritos or Cheetos

- Soda, juices, iced tea or energy drinks



- Bagels with Nutella