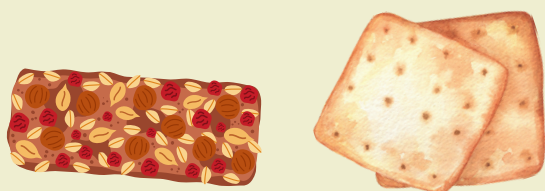


HEALTHY SNACKING

TRY THESE TASTY OPTIONS TO MAKE SNACKING A PART OF YOUR HEALTHY DIET!

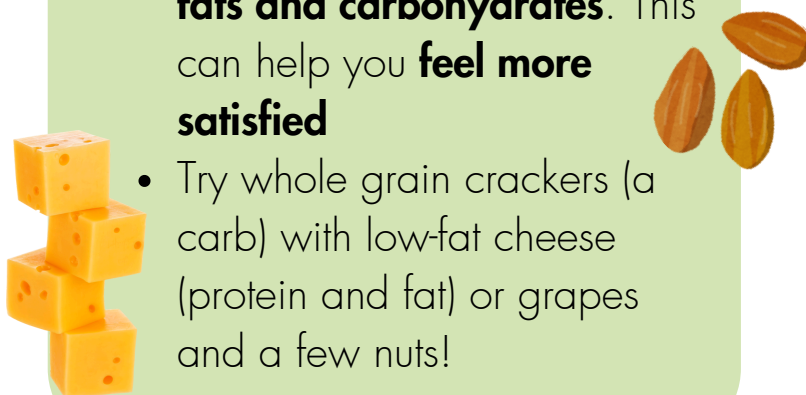
WHOLE GRAINS

- Whole grains help you **feel fuller**, giving you **long-term energy** throughout the day
- Try some whole grain pretzels, high-fiber cereals, or some whole grain crackers!



TRY A COMBO

- Each time you snack, aim for **a combination of proteins, fats and carbohydrates**. This can help you **feel more satisfied**
- Try whole grain crackers (a carb) with low-fat cheese (protein and fat) or grapes and a few nuts!



STAY HYDRATED

- Soda and energy drinks have **high levels of added sugar**
- To stay hydrated, try:
 - 100% fruit juice
 - Unsweetened coffee and tea
 - Water



MINDFUL SNACKING

- Try to avoid snacking while doing something else, like watching TV or working at your desk
- **Set aside some time** to focus on what you are eating and **take a break** during your day

