

What Can Your Snacks Do For You?

- Plan ahead-pack a snack in your bag (fruit, trail mix, yogurt) so you do not have to frequent the vending machines
- Snack consciously-try to snack without doing anything else
- Choose nutrient-rich foods
- Read labels-look at the fat and sugar content as well as other nutrients
- Pay attention to serving size

Put these in your bag:

- instant or canned vegetable or bean soup
- whole grain pretzels
- snack-sized cereal boxes
- Dried fruits
- Oatmeal packets
- Low-fat crackers and peanut butter
- Low-fat yogurt
- Raw fruits and veggies
- Water