

Energy,
Balance, Action

Live your Life.

Why should we choose healthy snacks?

- Provide you with more energy
- Make you feel fuller longer
- Help with weight control and/or weight loss
- Contain more vitamins and minerals



Healthy snack ideas:

- Apples with peanut butter
- Low fat yogurt
- Low fat pudding
- Pretzel sticks
- Carrot sticks
- Low fat string cheese
- Cereal bars
- Cheerios or other whole grain cereal

