

HEALTHY SNACKING

DOs

&

DON'Ts

NUTS AND SEEDS

High in protein and healthy fat. Keep portion sizes around 1/4 cup.



CANDY

Loaded with added sugar and calories.



POPCORN

Low in calories and high in fiber. Only about 100 calories for 3 cups



SODA

Zero nutritional value. All calories come from added sugar. Avoid at all costs.



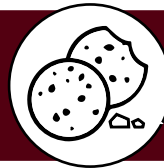
DRIED FRUIT

A healthy alternative to candy. Is a good source of natural sugar, and is a sweet healthy alternative to candy.



COOKIES

Don't be fooled by cookies claiming to be "healthy." They are still likely high in added sugar, unhealthy fats and calories.



PRETZELS

A great whole grain option that is low in calories and fat.



PASTRIES

Most pastry items (honey buns, danishes, donuts) are not only high in sugar but also in trans fat. These items have very little nutritional value.

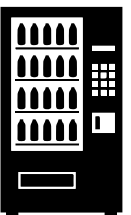


GRANOLA BARS

Good source of whole grains and sometimes protein.



Don't sacrifice quality for quantity! Some healthier snacks, such as nuts may be more expensive, but consider their nutritional benefit over a less expensive candy.



Performance Triad

Approved for public release; distribution unlimited. For more information please contact