

CHOOSE A HEALTHY SNACK

Directions: Find a better choice for the snack foods listed.

Snack

A Better Choice

Potato chips

Cupcakes

Soda

Candy bar

Hot dogs

Donuts



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.