

CHOOSE A HEALTHY SNACK

Answer Sheet

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

Snack

Potato chips

Cupcakes

Soda

Candy bar

Hot dogs

Donuts

A Better Choice

Whole grain crackers

Popped corn

Pretzels

Rice cakes

Bagel

Low fat or skim milk

Fruit juice

Fresh fruit

Raw vegetables

Low fat cheese

Dried fruit

Fat free dips

Low fat yogurt

Turkey breast



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