

Choose A Healthful Snack



Snack

A Better Choice

Potato chips

French fries

Chicken nuggets

Milk shake

Soda

Ice cream

Sour cream dip

Candy bar

Cookies

Fruit pies

Donuts

Buttered popcorn



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

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