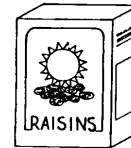


Healthy Snacks

- ◆ Eat whole grain crackers.
- ◆ Limit high fat chips and dip.
- ◆ Air popped corn has no fat.
- ◆ Choose pretzels instead of chips.
- ◆ Rice cakes are low fat.
- ◆ Top a bagel with fat free cream cheese.
- ◆ Bake low fat cookies.
- ◆ Choose bagels, not donuts.
- ◆ Choose lowfat or skim milk.
- ◆ Eat fresh fruits everyday.
- ◆ Lowfat frozen yogurt is a great dessert.
- ◆ Use nonfat yogurt for sour cream.
- ◆ Ice milk is a nonfat dessert.
- ◆ Choose raw vegetables for snacking.
- ◆ Dried fruits are low fat.
- ◆ Choose fruit juice, not soda.
- ◆ Dip vegetables in fat free dip.
- ◆ Go easy on nuts.



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