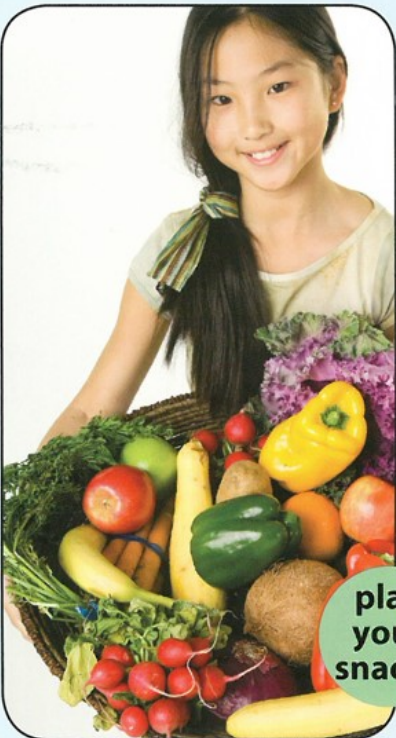


Here are some easy, healthy snacks that you can get or make yourself:

- A small bowl of whole-grain cereal with low-fat or non-fat milk.
- A piece of fruit.
- One serving of plain popcorn (about three cups).
- A slice of toast with ½ tablespoon of peanut butter.
- Half a turkey, lean beef, or tuna sandwich. Use mustard or a little low-fat mayonnaise.
- Raw vegetables such as carrots or celery with salsa.



plan
your
snacks

What are good food choices?

Talk to your parents about your family making healthy food choices.

- Eat foods that are high in fiber like whole grain breads, cereal, brown rice, oatmeal, lentils, and dried peas, fruits, and vegetables.
- Eat small servings of fish, meat, poultry, low-fat cheese, and soy products like tofu. Remove skin and all the fat you can see. Have baked, boiled, or grilled foods instead of fried.
- Eat foods that are low in salt and do not add salt to your food.
- Eat lots of salad and vegetables.
- Drink water instead of regular soda or fruit drink.
- Eat 3 meals per day.



Eat a piece of fruit instead of a candy bar for a snack or dessert.

Try these tips:

- Drink water instead of regular soda or fruit drink.
- When eating sweets, desserts, or candy, have only a small serving after a healthy meal and not every day.
- Eat slowly. Do not take second helpings. If you are still hungry after a meal, fill up on vegetables or a piece of fruit.

