

Healthy Snack Alternatives

While it is generally easier to reach for a tasty candy bar than it is to peel or slice an orange, these snacks do not provide the same healthy benefits. Below are some snack suggestions that are nutritious and delicious too.

Fruit Shakes

Light popcorn or whole wheat pretzels

Baked Chips rather than deep-fried chips

Granola Bars

Frozen Fruit Bars with chunks of real fruit

Frozen Grapes can be a delicious alternative to bite-size candy

Raw vegetables served with a low fat dip

Fresh Fruit

Low fat quick breads and muffins

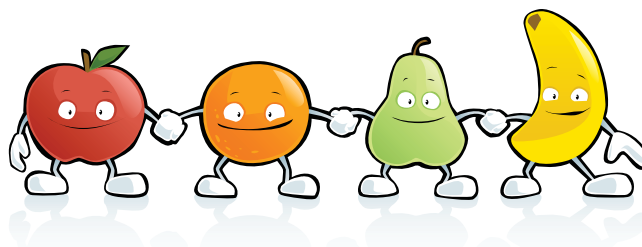
Non-sugared cereals or snack mixes

Granola mixes

Dried Fruits

Rice Cakes

Yogurt



Working on **WELLNESS...**

WELLNESS GOALS

Exercise Regularly

Eat Healthy Foods

**Get A Good Night's
Sleep**

**Observe Proper
Hygiene**

Keep Smiling

