

Ten satisfying snacks under 200 calories



Limit adding salt seasoning to snacks

1. Ten whole wheat crackers & 1 T. nut butter
2. One whole fresh fruit & ½ c. cottage cheese
3. Half cup unsalted almonds
4. One packet instant oatmeal & ½ c. fresh berries
5. One whole wheat pita & 2 T. hummus
6. Fresh cut veggies & 3 T. ranch or bleu cheese dressing
7. Snack bars (KIND, Lara, etc.) that are low in sugar & high in protein
8. Two hardboiled eggs & drizzle sriracha
9. Two cups air-popped popcorn & seasoning of choice (cinnamon, everything bagel spice, turmeric, garlic powder)
10. Canned tuna & 5 whole wheat crackers

Healthy snack nutritional guidelines

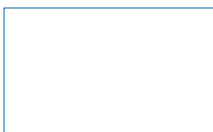
Food

- Max 250 calories
- Fewer than 250 mg of sodium
- Less than 35% calories from fat
- Fewer than 10% saturated fat
- No added trans fat (hydrogenated oils)
- Max 15g of sugar
- More than 10% daily fiber (at least one item)

Beverages

- Water
- Fat-free or low-fat milk, fewer than 200 calories
- 100% fruit juice (or combination with water) *
- 100% vegetable juice (12 oz. or less) and fewer than 200 mg sodium*
- Tea or black coffee*
- Low-calorie beverages (excl. energy drinks) fewer than 40 calories *

*No added calories



Wellness **AtoZ**

Healthy lunchtime swaps

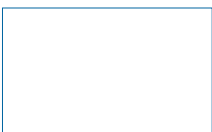


1. Choose grilled chicken instead of fried
2. Go low-carb at lunch—turn that sandwich into a tossed salad
3. Choose baked chips over traditional potato chips
4. Swap mayo for nutrient-dense an avocado or hummus spread
5. Choose infused water over sugary beverages like soda
6. Choose nutrient-dense greens like kale and spinach over iceberg lettuce
7. Choose protein-rich lentils instead of rice
8. Replace traditional noodles with veggie noodles for a low-carb, low-calorie option
9. Choose antioxidant-rich sweet potatoes instead of regular potatoes
10. Need a sweet treat? Indulge in a small serving of antioxidant-rich 70% dark chocolate

Go low-carb and avoid a mid-day crash! Carbohydrates require more energy during digestion, which can contribute to a sluggish feeling around 2 p.m.

Healthy meals nutritional guidelines

- Serve low-calorie and low-fat foods
- Serve fruits and vegetables whenever possible
- Serve small portions (e.g., cut bagels in halves or quarters)
- Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water, or iced tea (unsweetened) instead of soft drinks
- Serve light desserts—fresh fruit, a fruit crisp or cobbler, small cookies, etc.
- Include a vegetarian option at all meals
- Provide reduced-fat or low-fat milk for coffee rather than cream or half and half
- Provide pitchers of water



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