



CHOOSING HEALTHY SNACKS

Snacking at the office can seem challenging. The vending machine typically provides many unhealthy options and while they taste good, they still leave you feeling less than satisfied.

Below is a quick guide to choosing a healthier, more satisfying alternative to those unhealthy options.

Remember: Fresh fruit and vegetables will always be your best bet, providing natural sugars and dietary fiber. If you choose prepackaged alternatives, choose something that offers whole grains, high fiber, low added sugar, and contains the least amount of processing and ingredients.

IF YOU ARE CRAVING SOMETHING SALTY

Try these healthier options:

- Baked sweet potato chips
- Baked apple chips
- Air-popped popcorn
- Veggie sticks
- Bean, lentil, or chickpea chips
- Lightly salted nuts such as almonds, cashews, or pistachios
- String cheese



Combining snacks like chips with hummus increases the nutritional value and keeps you satisfied.



When choosing yogurt, opt for high-protein, plain Greek yogurt. Sweeten it up by adding fresh fruit and nuts!

IF YOU ARE CRAVING SOMETHING SWEET

Try these healthier options:

- Dark chocolate (70% cacao or higher)
- Trail mix with lightly salted nuts and dried fruits
- Cinnamon dusted popcorn
- Plain Greek yogurt topped with fresh fruit
- All natural dried fruit strips
- Vanilla and cinnamon chia pudding pods

IF YOU ARE CRAVING CARBOHYDRATES

Try these healthier options:

- Plain oatmeal topped with fresh fruit
- Pretzel thins
- Rice cakes topped with peanut butter
- Whole grain crackers or pretzel thins, with hummus
- Whole food granola bars (Check the ingredients list before buying and beware of high sugar content)
- Whole grain bagel thins with nut butter



Select dips and spreads with natural sources of fat, such as nut butters and hummus made with olive oil.