Smart Snacking!

When hunger strikes, be ready to strike back! Before you grab just anything off the shelf, make sure your snack choice is the right one. Try these snack ideas when you have that certain craving.

CRUNCHY
✓ Vegetable sticks (carrot, celery, cucumber, bell pepper, courgettes)
✓ Broccoli or cauliflower spears
✓ Fruit slices (apples, pears)
✓ Unsalted rice cakes
✓ Unsalted popcorn

SALTY
✓ 60 mL cup sunflower seeds
✓ One dill pickle
✓ Palmful of lightly salted nuts
✓ Palmful of olives
✓ Hummus with veggie sticks
✓ 28 grams low fat cheese
✓ Unbuttered popcorn (make your own seasoning blend)

SWEET
✓ Fresh Fruits (mango, apple, banana, [frozen] grapes, pineapple)
✓ Palmful of dried fruits (no sugar added)
✓ Unsweetened canned fruit
✓ Plain yogurt or cottage cheese with fruit
✓ 28 grams of dark chocolate

THIRSTY
✓ Water!
✓ Sparkling water with fresh citrus and mint
✓ Half water or club soda with half 100% fruit or veggie juice
✓ Unsweetened green tea

Ask your snack these questions to be sure it has your best interests at heart:

<table>
<thead>
<tr>
<th>Is it...</th>
<th>Does it have...</th>
<th>Was it...</th>
</tr>
</thead>
<tbody>
<tr>
<td>...baked?</td>
<td>...no sugar added?</td>
<td>...fried?</td>
</tr>
<tr>
<td>...made with whole grains?</td>
<td>...no added salt?</td>
<td>...“flavor blasted?”</td>
</tr>
<tr>
<td>...low sodium?</td>
<td>...zero trans fat?</td>
<td>...stuffed or loaded?</td>
</tr>
<tr>
<td>...reduced fat?</td>
<td>...about 100 calories?</td>
<td>...covered in caramel?</td>
</tr>
<tr>
<td>...just one serving?</td>
<td>...less than 10 grams of sugar?</td>
<td>...dipped in chocolate?</td>
</tr>
</tbody>
</table>

Good snacks say: YES! YES! NO!