Make healthier snack choices

Making a few changes in how you shop and snack may make your diet healthier.

If you usually...	Think about this instead...
■ Eat a cookie or donut during your break	■ Eat an apple, carrots, almonds, low-fat cheese sticks, or yogurt
■ Have your pizza with extra cheese	■ Top your pizza with mushrooms and spinach
■ Drink regular soda or sugar-sweetened drinks and juices	■ Drink water, fat-free milk, 100% fruit juice, or unsweetened tea or coffee
■ Eat regular ice cream	■ Eat low-fat frozen yogurt or ice milk
■ Have candy at the movies or ballpark	■ Enjoy unsalted popcorn (no butter)
■ Don't pay attention to how much you're eating until the food is gone	■ Snack on nuts in their shells…you'll eat slower ■ Buy smaller, portion-controlled snack bags and limit yourself to just one
■ Have a piece of pie or cake for dessert	■ Add sliced fruit to low-fat yogurt
■ Eat salty or sweet snacks while watching TV	■ Have a plate of raw vegetables with low-fat cheese or peanut butter
■ Buy snacks for the kids that you end up eating	■ Get kids started on snacks you know are good for them, like fruit, low-fat cheese, and raw vegetables
■ Snack on regular fried potato chips	■ Buy baked potato chips in a portion-controlled bag ■ Switch to a single serving of whole-grain pretzels or crackers

Tips for food shopping

- Make a shopping list before you go to the store—and stick to it
- If you don't buy it, you won't be tempted to eat it
- Don't go shopping when you're hungry
- Read labels to find out the serving size, calories, fat, protein, and carbohydrate content

Talk with your healthcare provider about healthy snacking habits.