

Skip the Sugar





What do you know about healthy snack and drink choices?

Share your snack and drink smarts with a friend!

**Labels show
sugar. Look
for little or no
added sugars.**



Nutrition Facts	
5 servings per container	
Serving size	(85g)
Amount Per Serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Water and milk are
always a healthy choice.**

**If you are thirsty, your
body is telling you it
needs water.**



If you are hungry,
your body is telling
you it needs nutrients.

Reach for a snack
instead of a treat,
and top it off with
water or milk!



HOW WILL YOU DECIDE IF A DRINK OR SNACK IS A NUTRITIOUS CHOICE?

Snack Smarts

Print poster to display. Brainstorm others foods and drinks. Fill in the blanks to customize your list.



Name _____

The Snack ABC's

Choose nutritious snacks and drinks to fuel your body and brain. Use the blanks to add your own ideas!

A Applesauce Avocado Toast Almonds	J Jicama Juice Pops Jerky	S Sparkling Water Strawberries Sweet Potato
B _____ Banana Burrito Broccoli	K _____ Kale Chips Kiwi Kabobs (Fruit or Veggie)	T _____ Tropical Fruit Salsa* Tuna & Crackers Tortilla Chips & Salsa
C Cinnamon French Toast* Cottage Cheese Clementines	L _____ Lemon Water Lettuce Wraps Leftovers	U _____ Unsweetened Applesauce Unsalted Pretzels Ugli Fruit
D _____ Diced Veggies Dried Fruit Dates	M _____ Milk Mango Mixed Berries	V _____ Veggies with Dip Vanilla Yogurt Veggie Slices
E _____ Eggs Eggplant Chips Edamame	N _____ Nectarines Naval Orange Nut Butter & Celery	W _____ Water Watermelon Whole Grain Crackers
F _____ Fruit Salad Frozen Blueberries Fruit Water	O _____ Oatmeal Pancakes Omelet Oat Milk	X _____ Xigua Popsicle Xynotyro Cheese eXtra Special Favorite
G _____ Grapes Green Pepper & Hummus Granola and Fruit	P _____ Popcorn Pretzels & Hummus Pears	Y _____ Yogurt Parfait Yogurt Dipped Fruit Yams
H _____ Hummus with Veggies Honeycrisp Apple Honeydew	Q _____ Quesadilla Quick Veggie Roll Up* Quinoa	Z _____ Zucchini Sticks Zesty Dip & Carrots Ziti & Veggies
I _____ Ice Water Iceberg Lettuce Salad Instant Oatmeal & Fruit	R _____ Rainbow Fruit Pizza* Red Peppers Rice Cakes	

***Find the recipe at fit.sanfordhealth.org**

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