

Aisle by Aisle: Choosing Foods Wisely



Navigating the Snack Aisle

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

The best snacks—fresh fruits, vegetables, low-fat dairy products, whole grains or small portions of nuts—are usually in other aisles.



- Choose granola bars that have 200 or fewer calories, 5 or fewer grams of sugar per 100 calories and at least 3 grams of fiber per serving.
- Choose low-fat, low-sodium popcorn.
- Choose whole-grain crackers with fewer ingredients.
- Look for fruit snacks made with 100% fruit.
- Choose low-salt nuts. Stick to one serving.

GO GREEN.

Make your own
100-calorie packs.
Use and re-use
your own container.

Small Steps = Big Rewards: Gradually swap chips, cheesy crackers, candy bars, honey buns and other high-calorie snacks for fruits and vegetables, low-fat dairy products, whole grains or small portions of nuts.

For information and recipes go to www.MyEatSmartMoveMore.com