

Snack Attack

Snack Attack:

**Are you having one?
Stop and think about
the healthy choices
you can make.**

This message brought to you by *CIGNA HealthCare* and the *Healthy Kids Challenge*.

Working to make healthy eating and physical activity a regular part of your life at home and at work.

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Snack Attack

Healthy Snack Tips

STORE IN YOUR DESK OR LOCKER

Crackers
Dried/Canned fruit
100% Juice box
Rice cakes
Cereal
Granola bars
Instant soups/pastas
Peanut butter
Canned fish

STORE IN THE LUNCHROOM FRIDGE

Bread/Bagels
Bran muffins
Yogurt
Cottage cheese
Fresh fruit
Raw vegetables
Cheese
Milk
Salad greens

ON THE ROAD

Baby carrots
Celery sticks
Bagel bits
Rice cakes
Apples
Crackers
Pretzels

From: the Dietitians of Canada "Nutrition to Go! Away from Home"

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