

Instruct local printer to print cards  
back to back on 8.5 x 11 80# card stock  
then cut at crop marks.



Smart **SNACKS**

**A healthy snack...**

- Tastes great!
- Is lower in fat, calories and sodium

**Smart snacking ideas...**

- Try fresh fruits or cut veggies with low fat dip
- A small serving of baked chips (instead of regular)
- Air popped pop-corn (without the butter)
- A small serving of nuts or whole grain pretzels
- Low fat yogurt

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## Smart **SNACKS**

**Did you know?**  
By choosing lower fat, lower calorie snacks, you can help maintain a **HEALTHY WEIGHT** without feeling hungry throughout the day. You don't have to give up snacking to have a healthy diet!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.



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