

# Skip the Sugar





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

|  | <b>Nutrition</b> F            | acts           |
|--|-------------------------------|----------------|
| 5 servings per container   |                               |                |
|  | erving size                   | (85g)          |
|  | mount Per Serving<br>Calories | 30             |
|  |                               | % Daily Value* |
| Total Fat 0g   |                               | 0%             |
| Saturated Fat 0g   |                               | 0%             |
| Trans 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.

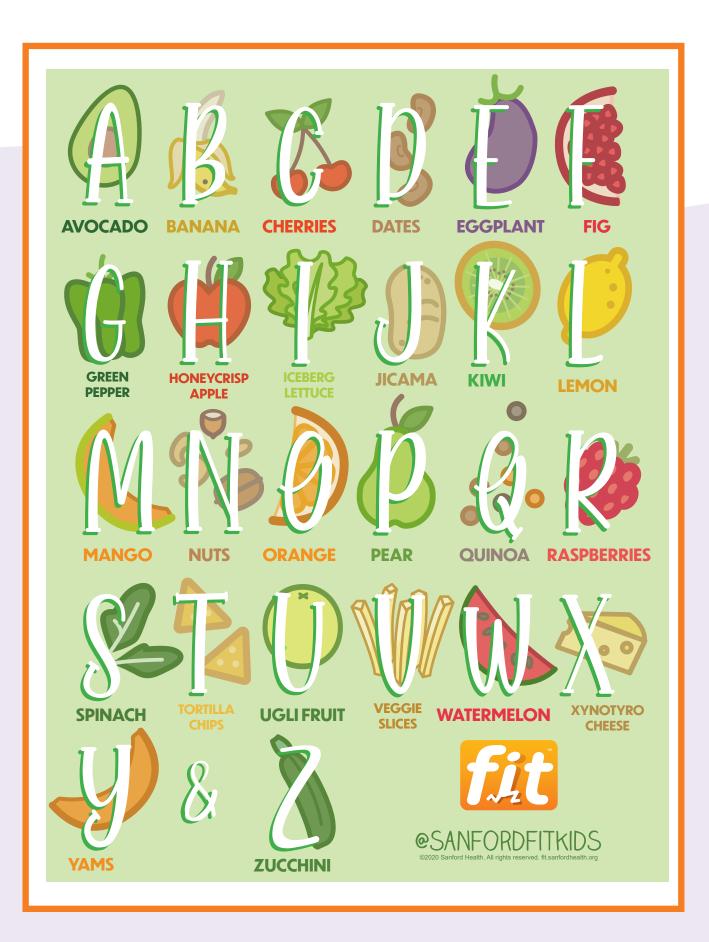
Reach for a snack instead of a treat, and top it off with water or milk!



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



## **Snack Smarts** Print poster to display. Use the list for ideas and create a poster to encourage others to make healthy snack and drink choices.



Name \_

### Your Snack ABC's

What snacks are you inspired to try? Create your own poster to encourage others to try new, healthy snacks.

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