

# 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 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.

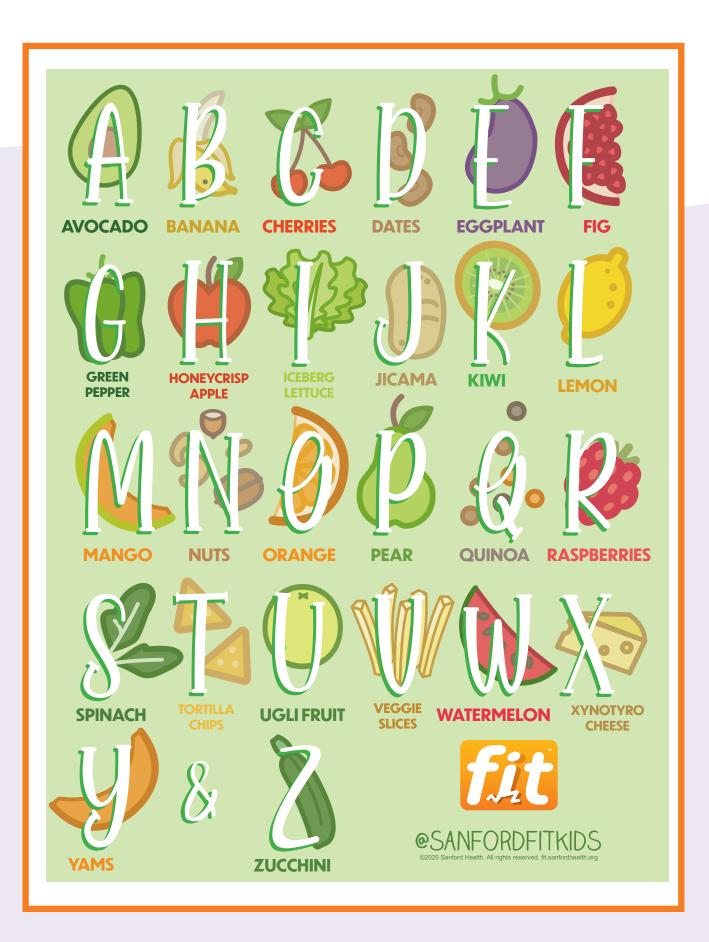
Reach for a snack instead of a treat, and top it off with water or milk!



## 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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