

# Eating the NU Way: Top Snacks

Healthy eating is about choices — some choices are healthier than others. When snacking, you have options. Aim for the healthier ones and you'll save calories, feel better and have more energy!

- Almonds (1.5-ounce package)
- Baked potato crisps (1 ounce)
- Peanuts (1.75-ounce package)
- Cut-up veggies and dip
- Low-fat or light yogurt (8-ounce container)
- String cheese (1 stick)
- Banana, apple or orange
- Granola bar
- Microwave popcorn (1 serving)

## Our healthy snack criteria:

- 300 calories or less
- 12 grams of fat or less
- 3 grams of saturated fat or less
- Contain at least one of following:
  - 2 or more grams of fiber
  - 5 or more grams of protein OR
  - At least ½ serving of fruits or vegetables

Wellness   
the **NU** Way

Live well. Feel well. Be well.

