

Easy snack substitutions

Skip the vending machine and processed foods when you need to fill up between meals. Try these alternatives to everyday unhealthy snacks:

Instead of...



Candy bar



Potato chips



Crackers



Creamy dips

Eat...



Apple slices with
low-fat yogurt



Unsalted peanuts
or almonds



Air-popped
popcorn



Hummus or
guacamole