




Snacks that Work @ Work



Don't forget...portions matter!

 Try these....	 Sometimes these	 But skip these!
Morning		
<ul style="list-style-type: none"> • Mini-bagel, whole grain w/ peanut butter, low-fat fruit spread, low-fat cream cheese 	<ul style="list-style-type: none"> • Mini-bagel, w/ low-fat cream cheese 	<ul style="list-style-type: none"> • Donuts
<ul style="list-style-type: none"> • Low-fat yogurt, low-fat granola 	<ul style="list-style-type: none"> • Granola bar 	<ul style="list-style-type: none"> • Pastry or croissants
<ul style="list-style-type: none"> • Fresh fruit, sliced for serving 	<ul style="list-style-type: none"> • Mini-muffins, mini-scones 	<ul style="list-style-type: none"> • Regular Muffins, scones
<ul style="list-style-type: none"> • Healthy homemade breads, pumpkin or zucchini 		<ul style="list-style-type: none"> • Store-bought breakfast bread
Lunch & Snacks		
<ul style="list-style-type: none"> • Fruit, with low-fat topping • Dried fruit • Applesauce, unsweetened 	<ul style="list-style-type: none"> • Granola bar, trail mix 	<ul style="list-style-type: none"> • Fruit roll-ups
<ul style="list-style-type: none"> • Veggies, with low-fat dip 	<ul style="list-style-type: none"> • Baked chips & hummus • Low-fat or baked tortilla Chips & salsa • Whole wheat crackers, with low-fat cheese • Whole wheat goldfish 	<ul style="list-style-type: none"> • Potato chips & dip • Cheese & crackers
<ul style="list-style-type: none"> • Nuts, raw or dry roasted • Dark chocolate covered fruits or nuts • Air popcorn 	<ul style="list-style-type: none"> • Salted nuts/pretzels • Milk chocolate covered Nuts • Yogurt covered nuts • Low-fat popcorn 	<ul style="list-style-type: none"> • Candy • Buttered popcorn
<ul style="list-style-type: none"> • Homemade healthy oatmeal cookies 	<ul style="list-style-type: none"> • Store bought oatmeal cookies 	<ul style="list-style-type: none"> • Store bought cookies, brownies
<ul style="list-style-type: none"> • Angel food cake, with fruit and low-fat cream 	<ul style="list-style-type: none"> • Low-fat pudding cups 	<ul style="list-style-type: none"> • Cake • Cupcakes
<ul style="list-style-type: none"> • Thin crust pizza, with veggies, ham, or chicken with tomato sauce 	<ul style="list-style-type: none"> • Veggie/meat topping pizza, chicken pizza, cheese pizza 	<ul style="list-style-type: none"> • Pan or thick crust pizza • Combo pizza
Drinks		
<ul style="list-style-type: none"> • Water, with a slice of lemon or a splash of 100% fruit juice 	<ul style="list-style-type: none"> • 100% juice 	<ul style="list-style-type: none"> • Energy sport drinks
<ul style="list-style-type: none"> • Milk, 1% or fat-free 	<ul style="list-style-type: none"> • Milk, 2% 	<ul style="list-style-type: none"> • Whole milk
<ul style="list-style-type: none"> • Black coffee 	<ul style="list-style-type: none"> • Low-fat latte 	<ul style="list-style-type: none"> • Latte, mocha
<ul style="list-style-type: none"> • Hot teas/iced tea 	<ul style="list-style-type: none"> • Diet sweetened beverages 	<ul style="list-style-type: none"> • Sweetened beverages/ sweetened iced tea

In a Pinch:

- 100 Calorie Snack-Size Package
- 2 Dark Chocolate Candy Kisses



For a free Take a Step to Health Kit, visit our website <http://groups.ucanr.org/takeastep>