

Snacks that Work @ Work



Don't forget....portions matter!!

 Try these....	 Sometimes these	 But skip these!
A.M.		
<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/ light cream cheese 	<ul style="list-style-type: none"> • Donuts
<ul style="list-style-type: none"> • Fresh Fruit, with low-fat yogurt, healthy 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 cream • 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 Choc. covered Fruits or Nuts • Air Popcorn 	<ul style="list-style-type: none"> • Salted nuts/Pretzels • Milk Choc. 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 or ham or Canadian bacon 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 Soda 	<ul style="list-style-type: none"> • Soda/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>