

Make healthier snack choices

Making a few changes in how you shop and snack may make your diet healthier.

If you usually...	Think about this instead...
<ul style="list-style-type: none"> ■ Eat a cookie or donut during your break 	<ul style="list-style-type: none"> ■ Eat an apple, carrots, almonds, low-fat cheese sticks, or yogurt
<ul style="list-style-type: none"> ■ Have your pizza with extra cheese 	<ul style="list-style-type: none"> ■ Top your pizza with mushrooms and spinach
<ul style="list-style-type: none"> ■ Drink regular soda or sugar-sweetened drinks and juices 	<ul style="list-style-type: none"> ■ Drink water, fat-free milk, 100% fruit juice, or unsweetened tea or coffee
<ul style="list-style-type: none"> ■ Eat regular ice cream 	<ul style="list-style-type: none"> ■ Eat low-fat frozen yogurt or ice milk
<ul style="list-style-type: none"> ■ Have candy at the movies or ballpark 	<ul style="list-style-type: none"> ■ Enjoy unsalted popcorn (no butter)
<ul style="list-style-type: none"> ■ Don't pay attention to how much you're eating until the food is gone 	<ul style="list-style-type: none"> ■ Snack on nuts in their shells...you'll eat slower ■ Buy smaller, portion-controlled snack bags and limit yourself to just one
<ul style="list-style-type: none"> ■ Have a piece of pie or cake for dessert 	<ul style="list-style-type: none"> ■ Add sliced fruit to low-fat yogurt
<ul style="list-style-type: none"> ■ Eat salty or sweet snacks while watching TV 	<ul style="list-style-type: none"> ■ Have a plate of raw vegetables with low-fat cheese or peanut butter
<ul style="list-style-type: none"> ■ Buy snacks for the kids that you end up eating 	<ul style="list-style-type: none"> ■ Get kids started on snacks you know are good for them, like fruit, low-fat cheese, and raw vegetables
<ul style="list-style-type: none"> ■ Snack on regular fried potato chips 	<ul style="list-style-type: none"> ■ Buy baked potato chips in a portion-controlled bag ■ Switch to a single serving of whole-grain pretzels or crackers

Tips for food shopping

- Make a shopping list before you go to the store—and stick to it
- If you don't buy it, you won't be tempted to eat it
- Don't go shopping when you're hungry
- Read labels to find out the serving size, calories, fat, protein, and carbohydrate content

Talk with your healthcare provider about healthy snacking habits.



GlaxoSmithKline This material was developed by GlaxoSmithKline.