



Make the **quick bite** count!

ENJOY THESE ITEMS FREQUENTLY



LOW-SODIUM
NUTS AND
SEEDS



POPCORN



LOW-SUGAR
GRANOLA BARS



DRIED FRUIT

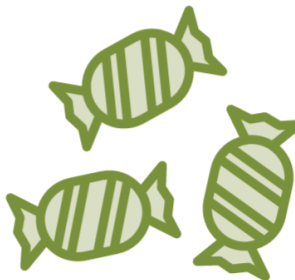
ENJOY THESE ITEMS IN MODERATION



BAKED GOODS



SLUSHIES



CANDY/SWEETS



SODA

Find more healthy lifestyle tips and nutritious recipes at CreateBetterHealth.org

