



Mn Adult & Teen Challenge

GOSLOWWHO

Approved Healthy Snacking Guide - Women & Teen Program -

GO

Healthiest
Option:
Choose
most
often



PROTEIN-RICH SNACKS

- Nuts such as peanuts, almonds and walnuts
- Pumpkin seeds and sunflower seeds
- Trail mix with nuts and/or seeds
- Nut butters such as peanut or almond butter
- Energy bars including Cliff, Luna, Kind, Lara or Nature Valley Protein bars
- Meat jerky or sticks
- Tuna—single serve pouches
- Cheese snacks – pre-packed such as Babybel or Laughing Cow
- Soy or almond milk — Non-perishable
- Plain milk (no protein shakes) —Non-perishable

LOW CALORIE/SUGAR FREE BEVERAGES

- Flavored or plain bottled water
- Carbonated water such as LaCroix or Seltzer
- Diet and Caffeine Free Soda
- Decaf tea or instant coffee (unsweetened)
— No medicinal/weight loss/diet/supplements

FRUITS & VEGETABLES

- Dried fruits such as raisins, craisins, prunes, apricots, apples
- Dried vegetables such as edamame or soy nuts
- Seaweed snacks
- Plantain chips or banana chips
- Kale chips
- 100% Fruit juice — single serve
- V-8 juice — single serve

WHOLE GRAIN-RICH SNACKS

- Granola bars such as Nature Valley, Fiber One, Sunbelt, Kashi
- Popcorn — plain
- Whole wheat crackers such as Triscuit, Multi Grain Club, Anne's, Kashi, Nature Valley
- Whole wheat pretzels

SLOW

EAT SOME
OF THE TIME



NON-WHOLE GRAIN SNACKS

- Pretzels
- Rice cakes
- Animal crackers (unfrosted)
- Chex mix
- Flavored popcorn

WHOA

EAT ONLY
ONCE IN A
AWHILE



CANDY & SWEETS

- Chocolate —Chocolate squares, kisses or chocolate covered nuts or pretzels such as Dove, Hershey, Ghirardelli, Godiva, or Lindt
- Licorice
- Fruit snacks
- Gelatin or pudding snacks such as Jello
- Yogurt covered fruit, nuts or pretzels

HIGH CALORIE BEVERAGES

- Regular soda (caffeine free only)
- Vitamin water
- Sports drinks such as Gatorade or Power Ade
- Flavored milk such as chocolate or strawberry—non-perishable