

**Skip  
the  
Sugar**





**What do you know about  
healthy snack and drink  
choices?**

**Share your snack and  
drink smarts with a friend!**

**Labels show  
sugar. Look  
for little or no  
added sugars.**



<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>(85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>30</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Total Sugars</b> 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Water and milk are  
always a healthy choice.**

**If you are thirsty, your  
body is telling you it  
needs water.**



If you are hungry,  
your body is telling  
you it needs nutrients.

Reach for a snack  
instead of a treat,  
and top it off with  
water or milk!



**HOW WILL YOU DECIDE IF A DRINK OR SNACK IS A NUTRITIOUS CHOICE?**

# Snack Smarts

Print poster to display. Use the list for ideas and create a poster to encourage others to make healthy snack and drink choices.



Name \_\_\_\_\_

## Your Snack ABC's

What snacks are you inspired to try? Create your own poster to encourage others to try new, healthy snacks.

©2020 Sanford Health. All rights reserved. fit.sanfordhealth.org

*fit*<sup>TM</sup>

SANFORD®