



Smart snacking made simple

Smart snack choices can power your body with the energy and nutrients it needs between meals. The next time you have snack cravings, reach for one of these tasty, better-for-you items:



Bars

Clif® Kid ZBar™
Kashi® TLC™ bars
KIND® bar
Mrs. May's® Trio Bar
Nature Valley® bars
Nutri-Grain® Cereal Bars



Crackers

Barbara's® Bakery Snackimals™
Back to Nature™ crackers
Goldfish® baked snack crackers



Fruits and vegetables

Brothers-All-Natural® freeze-dried fruit
Kettle Valley Organic Fruit Snacks
Sensible Foods® Crunch Dried® vegetables



Fruit mixes, nuts and seeds

Planters® unsalted or lightly salted peanuts
Planters® unsalted almonds
Wonderful® Pistachios
Mrs. May's® Naturals Crunches



Chips, popcorn and pretzels

Baked! Lay's®
Pirate's Booty® popcorn
popchips™
Sensible Portions™ Veggie Straws®
Smartfood® Selects
Snyder's of Hanover® Mini Pretzels
Stacy's® Pita Chips
Sun Chips®
Good Health® Humbles Baked Hummus Chips



Sweets

Dark chocolate (70 percent or more cocoa)
Sugar-free gums and mints

TASTY TIP:

Instead of bringing the entire container to work, repackage snacks into smaller bags at home. That way you can enjoy your favorites in moderation!

For more tasty tips and useful resources, visit yumpower.com.