Healthy Choices
Snack Swaps
pennstatehershey.org/PROwellness
### Snack Swaps

**Eat This, Not That**

<table>
<thead>
<tr>
<th>When you crave...</th>
<th>Try this instead!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Savory and salty</td>
<td>Low or no salt baked chips</td>
</tr>
<tr>
<td>Sweet treats</td>
<td>Fresh fruit with whipped cream</td>
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<tr>
<td>Sweetened drinks</td>
<td>Water with fresh fruit added</td>
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<tr>
<td>Desserts</td>
<td>Non-fat frozen yogurt</td>
</tr>
</tbody>
</table>

### Make it the First Option

- **Don’t stock up on junk food.** Instead, buy fruits and vegetables you’ve never tried before and experiment until you find the ones that work best for your family! Remember, eating better is a family affair.

- Stock the shelves with grab-and-go foods:
  - “Finger fruits” like grapes and cherries and veggies like baby carrots, pre-cut bell peppers and celery w/ peanut butter (or other healthy spreads like almond butter, yogurt with dill, hummus, etc.)
  - Easy-to-handle fruits like apples and bananas
  - String cheese and cheese cubes
  - Low-fat yogurt
  - Hard-boiled eggs
  - Nuts and seeds, dried fruit and trail mix
  - Cereal and granola
  - Popcorn
  - Soy or rice crisps
  - High-fiber whole wheat crackers
  - Applesauce