



PennState
PRO Wellness



**Children's
Miracle Network
Hospitals**

Healthy Choices

Snack Swaps

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Snack Swaps

Eat This, Not That

When you crave...

Try this instead!

Savory and salty	➤	Low or no salt baked chips
Sweet treats	➤	Fresh fruit with whipped cream
Sweetened drinks	➤	Water with fresh fruit added
Desserts	➤	Non-fat frozen yogurt

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