



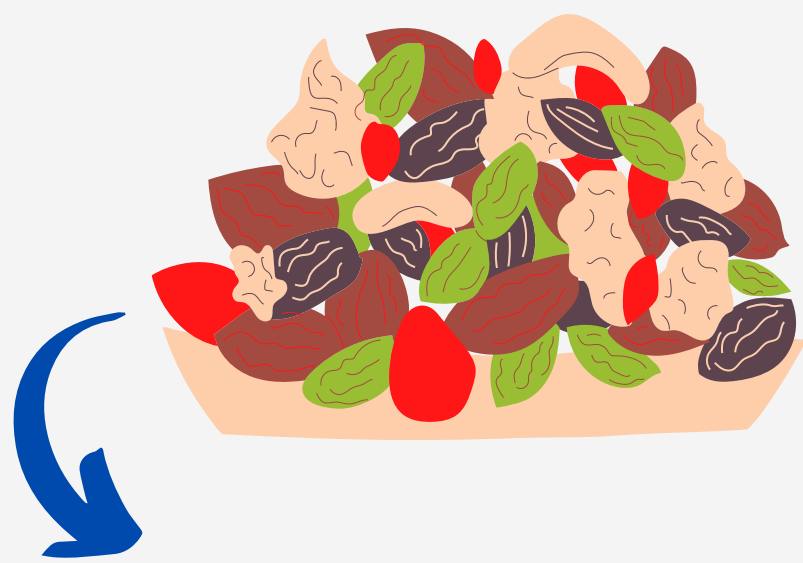
Snacks

SNACKS

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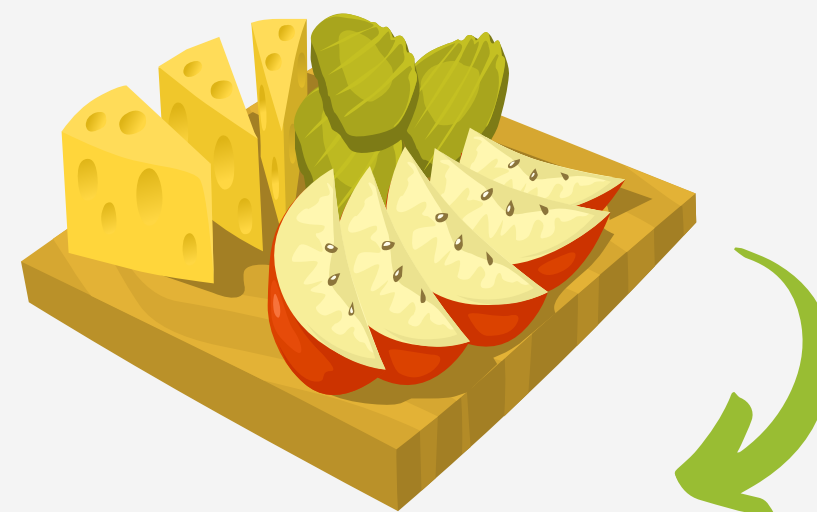
Healthy snacks can help fight off hunger pains and fuel your body.



Snacks are mini-meals that provide relief from hunger, along with much-needed nutrition.



Healthy Snacking does not mean grazing from the cookie jar in a quest to quell your hunger.



Choosing healthy snacks keeps you full while giving you a boost of energy

SUPER TIPS FOR SUPER STUDENTS

Super snacks don't need to be super size.

Watch the portion size of your snack.

A great way to watch calories is to wait 10 minutes after you have eaten.

Still hungry? Go for another serving.

Choose no larger than a 1-oz bag of chips or crackers.

If eating trail mix or nuts, choose a single portion bag.