

Weapons of Health Destruction



Skip the glazed, chocolate and jelly-filled doughnuts. They can have up to 370 calories each!

Simple choices make all the difference

Pick a healthy snack:

- Light popcorn (lightly salted and low in fat)
- Roasted or whole nuts (lightly salted or without salt)
- Fresh fruit
- Raw vegetables (with non-fat or low-fat dip or hummus)
- Low-fat cheese or string cheese
- Small low-fat, low-sugar yogurt
- Granola bars (low in fat and sugar)
- Whole wheat bagel (cut into fourths) with non- or low-fat cream cheese



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WORKING FOR A HEALTHIER TN