

# Healthy Eating Month

HEALTHY TIP SHEET - MARCH



## Snack Attack Done Right

Got a craving for a snack? Toss out the junk food and stock up on healthy options. You'll satisfy your cravings without eating a ton of empty calories. Give this list of healthy snacks a try. Post it on your fridge or in your kitchen pantry.

### A sweet treat

- Small banana
- Cup of strawberries
- Half a grapefruit
- Dried fruit
- Fat-free pudding
- Fruit-juice popsicle
- Frozen yogurt

### Need something crunchy

- Celery sticks with peanut butter
- Sliced cucumber, bell pepper or carrots
- Whole-grain crackers with humus
- Air-popped popcorn

### On the go

- Trail mix
- Pretzels
- Dry cereal (no sugar added)
- Rice cakes (with a healthy topping like peanut butter, hummus or sugar-free jam)

### Protein-packed

- Hard-boiled egg
- String cheese
- Non-fat Greek yogurt
- Cup of skim or soymilk
- Tuna packet
- Jerky

## Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Eat Healthy Snacks.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

