

# SNACK SMART!



## RED

**Eat Rarely, If At All**



- Candy
- Cookies
- Regular Potato Chips
- Ice Cream

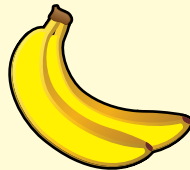


## YELLOW

**Eat Occasionally**




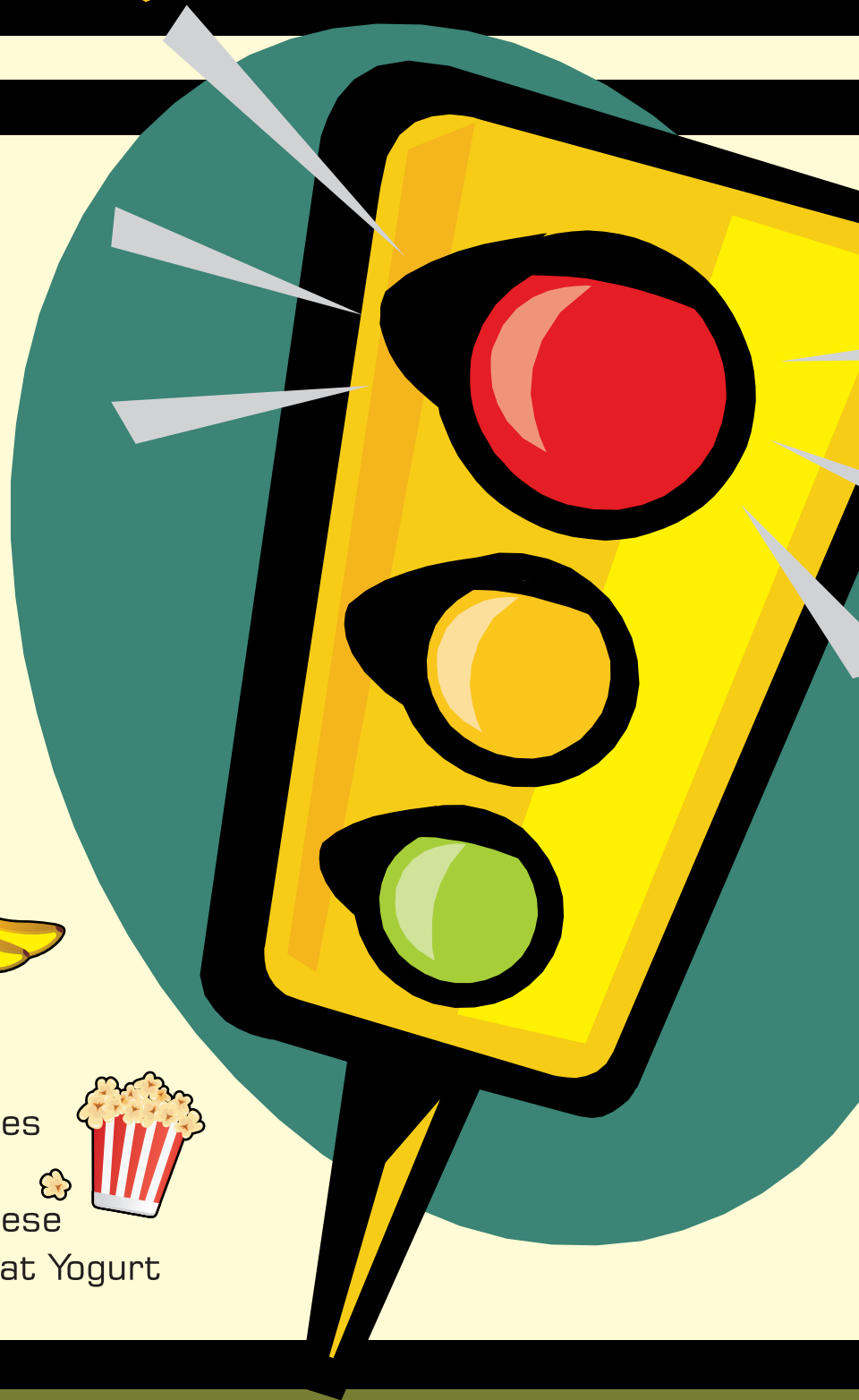
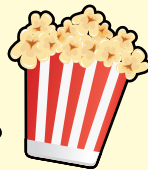
- Pretzels
- Baked Chips
- Dried Fruit



## GREEN

**Eat Often**

- Fruits and Vegetables
- Air Popped Popcorn 
- Low-Fat String Cheese
- Fat-Free and Low-Fat Yogurt



**A HEALTHY SNACK CONTAINS 100-200 CALORIES**