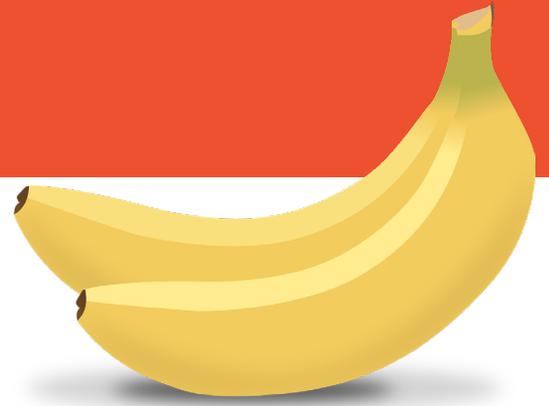


# MUNCH

# BETTER!



## Healthy Snack Ideas:

- Fresh fruit, like a banana or orange
- Sliced vegetables with hummus or guacamole
- Nuts or trail mix
- Sliced apples with peanut butter
- String cheese
- Jerky
- Air-popped popcorn

***Have snacks prepped at home so they are easier to grab and go!***



**Healthy Choices Count!**

[www.iowaHealthiestState.com/5210](http://www.iowaHealthiestState.com/5210)

# WATER YOU *DRINKING?*



**ENERGY DRINK**  
12 oz.  
160 calories  
10 teaspoons of sugar



**SODA**  
20 oz.  
150 calories  
16 teaspoons of sugar



**SPORTS DRINK**  
32 oz.  
200 calories  
14 teaspoons of sugar



**WATER**  
8 oz.  
0 calories  
0 teaspoons of sugar



**Healthy Choices Count!**

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