

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

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!

www.iowaHealthiestState.com/5210