Eat Smart! Make a healthy snack choice.

Most of your food choices should come from this category.
- fresh fruits and vegetables
- 100% juice
- whole grain products
- low fat milk and cheese
- yogurt
- lean meats, eggs, nut butters, tofu, legumes

Choose these foods less often.
- refined grain products
- higher fat and/or higher sugar foods
- processed meats
- salted nuts

Choose these foods least often and eat small portions.
- chips, sugary cereal, cookies, chocolate bars
- high fat crackers
- candy, ice cream
- pastry, doughnuts
- pop, energy drinks, fruit-flavoured drinks

Eat Smart. Move More.