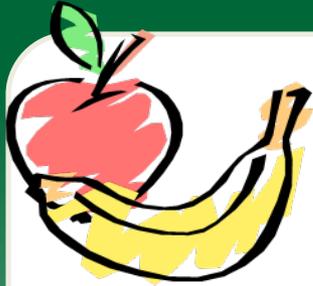


# Living Well Tip of the Week



Children and teens are consuming 115-150 more calories from snacks per day than they were 25 years ago.

## Healthy Snacks to Calm Your Cravings

*-American Heart Association*

### **Crunchies**

- Apples & Pears
- Breadsticks
- Carrot & Celery Sticks
- Green Pepper Sticks
- Broccoli Spears
- Unsalted Rice Cakes

### **Munchies**

- Unsalted Sunflower Seeds
- Whole-grain Breads
- Mozzarella(part-skim)
- Plain Low-Fat Yogurt
- Bagels
- Almonds, Walnuts & Other Nuts

### **Sweet Stuff**

- Unsweetened Canned Fruit
- Angel Food Cake
- Baked Apple
- Raisins
- Dried Fruit Gelatin Gems
- Frozen Bananas or Grapes
- Fresh Fruit

Get more **Healthy Snacks tips, tools and at**

<https://www.webmdhealth.com/ut/default.aspx?startid=3018>

\*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.

