

SUGARY SNACK ALTERNATIVES



HYDRATE AND WAIT

To manage sugar cravings, drink water and wait 10-15 minutes to see if you are truly hungry.

HEALTHY SNACKS



Opt for fresh, frozen, or canned fruit, plain yogurt with fresh fruit, and homemade snack mixes. Use unsweetened applesauce in baking.

Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CHECK LABELS

Choose snacks with 5% or less added sugar per serving and keep sugary snacks out of sight. Choose low-sugar or homemade versions.

SMART INDULGENCE

Enjoy small portions of dark chocolate or desserts, share with others, and use small plates to control portions.



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