

Healthy Meals Snack Alternatives

The next time your colleagues gather, treat them to some healthy snacks!



<i>How About This?</i>	<i>Instead of This:</i>
Celery Sticks with Peanut Butter	Packaged Peanut Butter and Cheese Crackers
Whole Wheat Pitas with Hummus	Potato Chips and Dip
Fruit Pizza	Cake or Pie
Low-fat Granola	Chocolate in a Candy Shell
Baby Carrots	Candy Bars
Yogurt-covered Raisins	Chocolate-covered Peanuts
Unsalted Almonds	Salted Mixed Nuts
No-sugar-added Dried Fruit	Candy
Pretzels and Honey Mustard	Butter Crackers
Fruit Kabobs	Brownies
Cucumber Coins	Cookies
Green, Red, and Yellow Pepper Slices	Ham or Salami Roll-ups
Green and Red Grapes	Candy Kisses
Thin-crust Veggie Pizza	Deep-dish Pizza

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