




# Snacks that Work @ Work



*Don't forget...portions matter!*

 Try these....	 Sometimes these ....	 But skip these!
<b>Morning</b>		
<ul style="list-style-type: none"> <li>• Mini-bagel, whole grain w/ peanut butter, low-fat fruit spread, low-fat cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-bagel, w/ low-fat cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Donuts</li> </ul>
<ul style="list-style-type: none"> <li>• Low-fat yogurt, low-fat granola</li> </ul>	<ul style="list-style-type: none"> <li>• Granola bar</li> </ul>	<ul style="list-style-type: none"> <li>• Pastry or croissants</li> </ul>
<ul style="list-style-type: none"> <li>• Fresh fruit, sliced for serving</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-muffins, mini-scones</li> </ul>	<ul style="list-style-type: none"> <li>• Regular Muffins, scones</li> </ul>
<ul style="list-style-type: none"> <li>• Healthy homemade breads, pumpkin or zucchini</li> </ul>		<ul style="list-style-type: none"> <li>• Store-bought breakfast bread</li> </ul>
<b>Lunch &amp; Snacks</b>		
<ul style="list-style-type: none"> <li>• Fruit, with low-fat topping</li> <li>• Dried fruit</li> <li>• Applesauce, unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>• Granola bar, trail mix</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit roll-ups</li> </ul>
<ul style="list-style-type: none"> <li>• Veggies, with low-fat dip</li> </ul>	<ul style="list-style-type: none"> <li>• Baked chips &amp; hummus</li> <li>• Low-fat or baked tortilla Chips &amp; salsa</li> <li>• Whole wheat crackers, with low-fat cheese</li> <li>• Whole wheat goldfish</li> </ul>	<ul style="list-style-type: none"> <li>• Potato chips &amp; dip</li> <li>• Cheese &amp; crackers</li> </ul>
<ul style="list-style-type: none"> <li>• Nuts, raw or dry roasted</li> <li>• Dark chocolate covered fruits or nuts</li> <li>• Air popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Salted nuts/pretzels</li> <li>• Milk chocolate covered Nuts</li> <li>• Yogurt covered nuts</li> <li>• Low-fat popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Candy</li> <li>• Buttered popcorn</li> </ul>
<ul style="list-style-type: none"> <li>• Homemade healthy oatmeal cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Store bought oatmeal cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Store bought cookies, brownies</li> </ul>
<ul style="list-style-type: none"> <li>• Angel food cake, with fruit and low-fat cream</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat pudding cups</li> </ul>	<ul style="list-style-type: none"> <li>• Cake</li> <li>• Cupcakes</li> </ul>
<ul style="list-style-type: none"> <li>• Thin crust pizza, with veggies, ham, or chicken with tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie/meat topping pizza, chicken pizza, cheese pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Pan or thick crust pizza</li> <li>• Combo pizza</li> </ul>
<b>Drinks</b>		
<ul style="list-style-type: none"> <li>• Water, with a slice of lemon or a splash of 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• 100% juice</li> </ul>	<ul style="list-style-type: none"> <li>• Energy sport drinks</li> </ul>
<ul style="list-style-type: none"> <li>• Milk, 1% or fat-free</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, 2%</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk</li> </ul>
<ul style="list-style-type: none"> <li>• Black coffee</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat latte</li> </ul>	<ul style="list-style-type: none"> <li>• Latte, mocha</li> </ul>
<ul style="list-style-type: none"> <li>• Hot teas/iced tea</li> </ul>	<ul style="list-style-type: none"> <li>• Diet sweetened beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Sweetened beverages/ sweetened iced tea</li> </ul>

**In a Pinch:**

- 100 Calorie Snack-Size Package
- 2 Dark Chocolate Candy Kisses



For a free Take a Step to Health Kit, visit our website  
<http://groups.ucanr.org/takeastep>