**The Healthy Way to Eat Snacks**

Are you constantly picking up a bag of chips for a quick and easy snack?

Did you know that cookies, potato chips, ice cream, milk products and sweets are some of the most popular snack foods in America?

Eating unhealthy snacks can add around 568 calories for men and 421 calories for women daily!!!!!!

Make your snack choices healthier with these easy snack ideas!

- Apple slices and peanut butter
- Rice cakes and avocado slices
- Carrot and celery sticks and hummus
- Sliced bell peppers
- Cucumber slices
- 12 almonds, cashews, or pecans