

upLIFT Your Snack

Simple swaps for a nutritious and healthy snack to give you a pep in your step!

Why upLIFT Your Snack?

Snacks are great to incorporate between meals to satisfy hunger. It can be tempting to choose something fast like cookies, chips, and sweets. Swapping these options out can help you stay focused, give you energy, and keep hunger in check.



Skipping meals can lead to unhealthy snacking. Try setting a schedule for all your meals and snacks to curb your hunger and aid in making healthier choices!

Aim for minimally processed options!

Highly processed snack foods tend to have more **sugar, saturated fat, trans fats, and salt**. These ingredients should only be consumed in moderation. Instead of choosing foods like chips, cookies, or other convenience items, opt for snacks that have **shorter ingredient lists, and incorporate more whole foods**.



Simple Swaps:

- Unsalted almonds & grapes
- Blueberries & sliced cheese

Whole grains are an easy way to energize your day!

Foods made with whole grains make the perfect snack. Check an item's ingredient list for terms like **"whole wheat" or "whole grain"** to ensure you are choosing a whole grain product. Whole grain foods have **fiber, B vitamins, and protein**. They also take longer to digest, which helps you feel satisfied and energized longer!



Simple Swaps:

- Whole grain pita & hummus
- Whole grain crackers & pesto

Consider fruits and vegetables for a yummy and nutritious snack!

Fresh fruits and vegetables are quick and nutrient-dense snacks. **Soluble fiber** found in fruits like apples can help lower cholesterol. Fruits and vegetables are sources of **vitamins & minerals** needed for healthy development, and a robust immune system. **Phytonutrients** found in produce can help prevent chronic disease and act as antioxidants.



Simple Swaps:

- Sliced apple & almond butter
- Strawberries & low-fat yogurt