

Substitutions

Snacks should complement meals, not replace them. Serve snacks an hour and a half before meals and try to incorporate two food groups per snack.

Remember, snack portions should be kept small.

Instead of:



Ice Cream



Potato Chips



Donut



White Bread

Try:



Frozen Low Fat Yogurt



Unbuttered Popcorn



Fat Free Fig Cookie



Whole Wheat Bread