

# Healthier Snack Choices



1/2 can soup

=



A mug 'o soup



Carrot sticks

AND



Small granola bar



Large apple half

AND



Handful of trail mix



Handful of chocolate chips

+



Banana half

=



Frozen banana pops



3 cups popcorn

+



2 spoonfuls of Parmesan cheese

+



Pinch of paprika

=



Popcorn and spice



Canned pears

+



Handful of almonds

+



cinnamon & brown sugar

=



Stuffed pears



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