

Some Snacks to Avoid

- 🚫 Salted nuts (high sodium)
- 🚫 Pudding, jello, and fruit cups (loaded with sugars)
- 🚫 Sweetened dried fruit (high sugar and hard on teeth)
- 🚫 “Fruit on the bottom” yogurt (high sugar)
- 🚫 Processed and deli meats (very high fat and sodium)
- 🚫 Products labeled diet, sugar-free, low-calorie, or light/lite often contain artificial sweeteners and other chemical additives.
- 🚫 Peanut (and other nut) butters with added sugar and salt
- 🚫 Fruit juices (lots of sugar without the fiber)
- 🚫 Flavored water (often contain artificial sweeteners and flavors)
- 🚫 Prepackaged crackers/breadsticks/pretzels with cheese or peanut butter (highly processed; high fat, sodium and sugar)
- 🚫 Granola and cereal bars (high in fat, sugar, sodium and preservatives)

Many convenience snacks are excessively packaged and are also hard on the environment.

Protein bars may serve as an emergency source of food energy, but quality, and therefore nutrition, varies greatly. They often contain a lot of sugar, complex chemical ingredients and preservatives, and should *not* be used regularly as a snack or meal replacement.