



### Ten Top Smart Snacking Tips from A.D. Bos Vending

1. Top off your fuel tank several times a day with snacks; you will be energized and satisfied throughout the day.
2. Focus on fiber and protein. Choose cereal bars or granola bars with a little protein (check the nutrition facts) and some fiber to help keep you full longer.
3. Pretzels or baked chips are a great low-fat, low-calorie way to satisfy the mid-day munchies.
4. Choose fruits, vegetables and salads, prepackaged and ready-to-eat. They are high on nutrition, crunchy, convenient, and great tasting.
5. It's unrealistic to give up sweet treats if you really enjoy them. Like anything else, eat them "smartly" and in moderation.
6. Craving cookies? Animal crackers, fig bars, ginger snaps, pop tarts or graham crackers are great tasting lower fat choices. Pair these with low-fat milk, a protein-rich food, and you've satisfied that craving.
7. For a snack that is high in protein and calcium reach for a carton of low-fat milk or yogurt.
8. Go nuts. Choose a package of peanuts, almonds, or other favorite nuts. They come packed with protein and fiber.
9. Don't confuse thirst with hunger. Keep a water bottle handy.
10. Variety, balance and moderation are important when eating snacks.

