

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness.

However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body.

you decide!

Are You Choosing The Best Snacks?

We all snack, and that's ok—but the rising rate of obesity in the U.S. shows that we snack a *lot*, and that the snacks we choose aren't very good for us. Snacks should be an integral part of a healthy diet, but snack choices should not be based on taste alone. Frequently, when we are hungry, we go to the nearest vending machine or local convenience store and choose something that tastes good, but these easy snacks are usually poor choices when it comes to nutrition for your body. Kids, especially, are vulnerable to the lure of taste alone.

When you choose a snack, you want a food that is not only delicious, but also one that is high in quality protein and low in fat, sodium, and sugars. A good snack not only tastes good; it

also has the nutrients your body needs to perform at its best.

You can choose a snack that provides your body with what it needs, or you

can choose one that provides only empty calories and little nutrition. It's your body, so . . . **You Decide!**



	GNLD GR ² eat Bar	Nature Valley Oats 'N Honey Granola Bar 1.5 oz.	Krispy Kreme Original Glazed Donut	Snickers Bar 2.0 oz.	Lay's Potato Chips 1.5 oz. bag	Mrs. Fields Milk Chocolate Chip Cookie
Features and Benefits						
High in protein with at least 15 grams?	YES	NO	NO	NO	NO	NO
Low "glycemic response" carbohydrates	YES	NO	NO	NO	NO	NO
Less than 15 grams of carbohydrates?	YES	NO	NO	NO	NO	NO
Ideal balance of protein, carbohydrates and fats?	YES	NO	NO	NO	NO	NO
Less than 4.5 grams of fat per serving?	YES	NO	NO	NO	NO	NO
Less than 85 mg of sodium?	YES	NO	NO	NO	NO	NO
Calories per serving	150	180	200	280	230	250