

20 HEALTHY SNACKING AND PACKING WORKSHEET

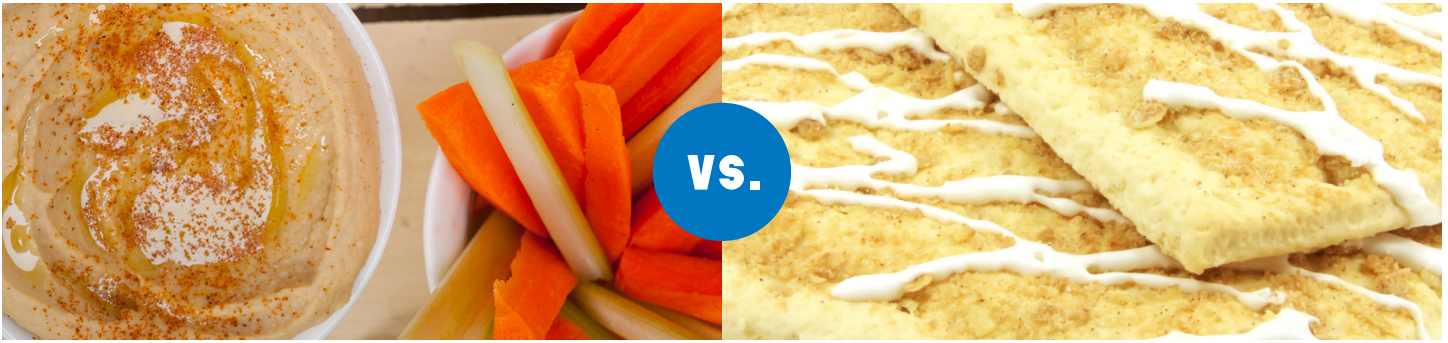


APPLE AND PEANUT BUTTER VS. BEEF JERKY

DOES THE SNACK CONTAIN SIMPLE CARBOHYDRATES, COMPLEX CARBOHYDRATES, OR BOTH (OR LOW/NONE)?

WHICH CONTAINS MORE FIBER?

WHICH IS A BETTER CHOICE?



CARROTS AND HUMMUS VS. POP-TARTS®

DOES THE SNACK CONTAIN SIMPLE CARBOHYDRATES, COMPLEX CARBOHYDRATES, OR BOTH (OR LOW/NONE)?

WHICH CONTAINS MORE FIBER?

WHICH IS A BETTER CHOICE?

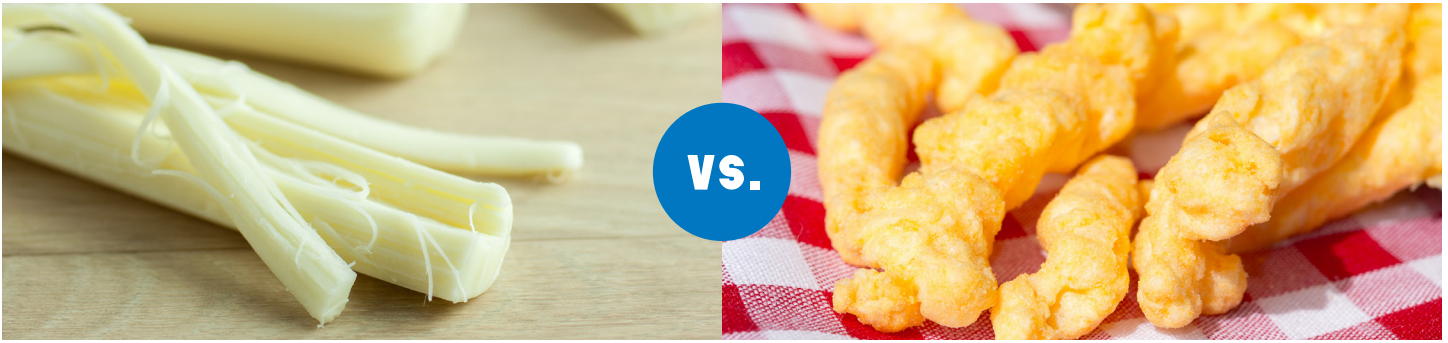


ORANGE VS. ORANGE CANDY

DOES THE SNACK CONTAIN SIMPLE CARBOHYDRATES, COMPLEX CARBOHYDRATES, OR BOTH (OR LOW/NONE)?

WHICH CONTAINS MORE FIBER?

WHICH IS A BETTER CHOICE?



STRING CHEESE VS. CHEETOS®

DOES THE SNACK CONTAIN SIMPLE CARBOHYDRATES, COMPLEX CARBOHYDRATES, OR BOTH (OR LOW/NONE)?

WHICH CONTAINS MORE FIBER?

WHICH IS A BETTER CHOICE?



PLAIN YOGURT VS. ICE CREAM BAR

DOES THE SNACK CONTAIN SIMPLE CARBOHYDRATES, COMPLEX CARBOHYDRATES, OR BOTH (OR LOW/NONE)?

WHICH CONTAINS MORE FIBER?

WHICH IS A BETTER CHOICE?



ALMONDS VS. POTATO CHIPS

DOES THE SNACK CONTAIN SIMPLE CARBOHYDRATES, COMPLEX CARBOHYDRATES, OR BOTH (OR LOW/NONE)?

WHICH CONTAINS MORE FIBER?

WHICH IS A BETTER CHOICE?
