**Do’s and Don’ts of Snacking:**

**DO EAT:**

**DON’T EAT (or at least try to avoid):**

* Juice and Soda
* Coffee Creamers
* Crackers and Chips (starch=sugar)
* Candy (unless it’s sugar free!)
* Cough Drops (unless sugar free)
* Frozen fruit and popsicles
* Anything that sticks in your teeth
* Banana with natural, no sugar added

peanut butter

* Baby carrots and hummus
* Unsweetened nuts- not honey roasted
* Popcorn
* Hard boiled eggs
* String cheese or cottage cheese
* Apples or baked apple chips
* Celery and cheese
* Oranges
* Roasted Chickpeas

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