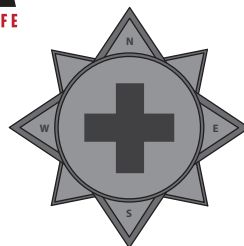


## CHOOSE A NUTRITIOUS SNACK

Snacking is an American pastime. We do like our snacks and being a bear I can put away my fair share, let me tell you. But a lot of snacks that we can buy are empty comfort foods. Believe it or not, rather than helping us, they actually hurt our bodies, especially in the long run.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- \* Research healthy snacks. Write down ten healthy snacks that you could have on hand to grab and go. Some of them may be a combo of a few items that could be ready to go. My mom makes us healthy trail mix. It's awesome!
- \* Discuss with your parents if there are some healthy snack options on your list that could work into the family budget.
- \* For the next two weeks, try to cut out those unhealthy snacks. The fiber and nutrients will improve your health and help you to be more fit.

So, what snacks would be better and why?

1. Sugars, artificial colors, and chemicals are the primary ingredients in many of the snacks on the market which are all pretty much poison to our body. When they do contain more normal ingredients, they have usually been so processed that there is no goodness left in them. Any snacks in your possession like this, put those to one side.

2. First thing to consider, why do you eat snack foods?

a. Because you are hungry. Wouldn't it be better to eat something that would fill you and be good for you?

b. You are bored. Don't you think there is a better way to entertain yourself?

c. Many people snack because they are feeling down. Well, wouldn't a good snack give you something to feel better about?

d. Don't have time to make something healthy? Then get some healthy foods that you can grab on the go.

3. Now, many of the snack foods that you might grab, you do out of convenience. So the solution is to have healthy snacks that are just as accessible.

