

# Smart snacks can be good for you



## Get your snacks on track

Were you taught as a kid to believe that snacking isn't okay? You'll be relieved to know that snacking can actually be good for you—as long as it's healthy and done in moderation. Try these yummy substitutions that are sure to be taste bud pleasers:

### Instead of

Fried tortilla chips

Devil's food cake

Ice cream bars

Pudding made from whole milk

Doughnut

### Enjoy

Reduced sodium baked tortilla chips

Angel food cake

Frozen fruit bars

Pudding made from skim milk

Whole Grain Bagel

Track down more smart snacking ideas from Blue Access<sup>®</sup> for Members at [www.bcbsil.com](http://www.bcbsil.com).



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