# Living Well Tip of the Week

Children and teens are consuming 115-150 more calories from snacks per day than they were 25 years ago.

## Healthy Snacks to Calm Your Cravings

- American Heart Association

### Crunchies
- Apples & Pears
- Breadsticks
- Carrot & Celery Sticks
- Green Pepper Sticks
- Broccoli Spears
- Unsalted Rice Cakes

### Munchies
- Unsalted Sunflower Seeds
- Whole-grain Breads
- Mozzarella (part skim)
- Plain Low-Fat Yogurt
- Bagels
- Almonds, Walnuts & Other Nuts

### Sweet Stuff
- Unsweetened Canned Fruit
- Angel Food Cake
- Baked Apple
- Raisins
- Dried Fruit Gelatin Gems
- Frozen Bananas or Grapes
- Fresh Fruit


*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*