

Instead of sugary, high calorie soda, try:

- Water – with or without ice, lemon, or lime
- Carbonated water – seltzer, sparkling, or flavored (e.g., orange)
- Nonfat or low-fat milk
- 100% fruit juice (aim for no more than 1 cup per day = 8 oz)

Instead of salty, fried chips with your sandwich, try:

- Fruit – whole, slices, or a fruit salad
- A handful of veggies or a side salad with vinaigrette dressing
- A cup of yogurt or cottage cheese
- A pickle
- A cup of broth-based soup – skip creamy white soups
- A mini box of raisins

Instead of a decadent dessert, try:

- Hot chocolate – 25-35 calorie Nestle/Swiss Miss packs mixed w/ water
- Fresh or frozen grapes, or a fresh or frozen banana
- Fresh berries with fat-free Cool Whip or Reddi-Wip
- Watermelon, cantaloupe, honeydew, mango, pineapple, or papaya chunks
- 1 ounce of dark chocolate or a mini peppermint patty
- A single serving cup of sugar-free Jell-O or pudding, any flavor