

➤ Cut down on high-calorie munching

Satisfy your cravings and keep your body healthy with alternative snacks

You can cut back on calories and fat without sacrificing delicious taste. When you're craving a high-calorie snack, try one of the healthier alternatives below. You'll feel better afterwards, and you'll be improving your health!

Healthy snack alternatives		
If you're craving	Instead, try	
Candy bar		Low-fat granola bar
Soft drink		Iced tea or water
Crackers		Carrot
French fries		Plain baked potato with salsa
Ice cream		Fat-free frozen yogurt
Potato chips		Air-popped popcorn
Cookies		Celery with 2 tablespoons peanut butter



Lose 1 pound of fat in a week

There are 3,500 calories in one pound of fat. So, if you cut out 500 calories every day for one week, you can lose one pound of fat.

What is equal to 500 calories?

- One candy bar and a 24-ounce soda
- Large french fries
- Caramel milk and coffee drink with whipped cream

Choose healthy, be healthy

You know that old saying, "You are what you eat?" Well, it's partially true. No, you won't turn green if you eat tons of broccoli. But foods high in saturated fat can increase your cholesterol. The best advice: Choose foods that are low in trans fat and saturated fat, and focus instead on fruits and vegetables.

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ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）



Delta Dental of Oregon & Alaska

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