

# **YOUR 10 POINT HEALTHY SNACK CHECKLIST**

- ✓ LOW SUGAR**
- ✓ SMALL INGREDIENT LIST**
- ✓ MADE WITH WHOLE FOODS**
- ✓ NO TRANS FAT**
- ✓ MINIMALLY PROCESSED**
- ✓ TASTES GOOD**
- ✓ NO ARTIFICIAL SWEETENERS**
- ✓ NO ARTIFICIAL COLORS**
- ✓ FILING**
- ✓ BUDGET-FRIENDLY**