



Utah State University Be Well Program

Health Snacks & Fast Meals:

Reaching and maintaining a healthy weight is the best thing you can do for overall health. "Eating healthy" is making sure you don't overdo the calories you eat in meals and snacks, and choosing foods wisely. It really is simple math!



Health Snack Ideas:

- A bowl of fresh fruit and berries
- Rye-Krisp crackers & low-fat cottage cheese
- Snap peas and baby carrots
- Party mix of Chex Cereal, whole grain pretzels, and fat-free air popped popcorn
- An apple or a cup of applesauce
- Cut-up broccoli, cauliflower, cucumbers, or green peppers and dip in fat-free Ranch
- Low-fat, low-sugar yogurt and berries
- A slice of 100% whole wheat bread and sugar-free jam
- A glass of non-fat milk or lite soymilk and a couple of graham crackers
- Swiss Miss No Sugar Added Hot Cocoa
- 100% whole wheat bagel, fat-free cream cheese, and sugar-free jam

Small Things Matter!

- Start your day with a healthy high-fiber breakfast.
- Eat more fruits and veggies (aim for 3-4 cups daily).
- Eat more meals at home. Eat out less.
- Keep junk food out of the house (High-fat, high-sugar, low-nutrient food is too tempting to keep around.)
- Drink local, fresh tap water. Don't drink your calories.
- Go for 100% whole wheat bread, pasta, and cereals.

Small Things Matter!

- Set specific, realistic, and timely goals.
- Schedule in 30-60 minutes of exercise daily.
- Create a supportive environment and network.
- Visit with a Dietitian.
- Maintain a food and exercise diary.

Fast Meals:

100% Whole Wheat Bagel with fat-free cream cheese, sugar-free jam, and fresh fruit.

Waffles & Pancakes made with non-fat milk & egg whites. Top with non-fat, sugar-free yogurt, berries, and sugar-free maple syrup.

Hearty Oatmeal microwave with chopped banana slices, cinnamon, walnuts, and raisins. Top with non-fat milk and sugar-free maple syrup.

Burritos made with nonfat refried beans, brown rice, and an ounce of low-fat string cheese on a 100% whole wheat tortilla. Top with salsa non-fat sour cream.

100% Whole Wheat Bread with one tablespoon of peanut butter, one teaspoon of honey, one teaspoon of raisins, and a sliced banana.

Mini Pizza made on a 100% whole wheat English muffin with tomato sauce, Italian seasonings, an ounce of low-fat string cheese, mushrooms, bell peppers, and a slice of low-fat turkey pepperoni.

Brown Rice with lite soymilk or non-fat milk, chopped apples, and a tablespoon of raw almonds.

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