



Nutrition Counseling Services LLC

Snack Swap Challenge

Purpose Statement: The purpose of this challenge is to make healthy snack choices.

Challenge Steps:

A. Make a List of the Snacks at Home and Work on the chart below:

Home	Work

- B. Take “before pictures” of snacks.
- C. Circle the unhealthy snacks.
- D. Review the following handouts on healthy snacks:
 - ***Smart Snacking Tips for Adults and Teens***
 - ***Smart Snacking Tips for Kids***
- E. Swap out 75% of unhealthy snacks with healthier options.
- F. Take “after pictures” of snacks.

What changes do you need to make to your diet? _____

Return this sheet and photos (if able) by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____