

# How Healthy is your Faculty Room?

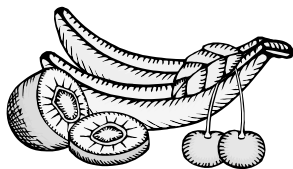
*Snacks in the faculty room should support good health and promote good eating habits.*

## Fruits and Vegetables

- Choose a variety of these throughout the week and eat at least 5 each day

### Good choices:

- Grape tomatoes
- Apples & peanut butter
- Fruit cup
- Vegetable soup
- 100% juice or 100% juice popsicles
- Baby carrots or other veggies with low fat dip
- Fresh fruit
- Chips & salsa
- Dried fruit
- Pre-cut veggies or pre-packed salad
- Applesauce



## Milk Group

- Choose foods that are low or non-fat

### Good choices:

- Flavored or regular milk
- Pudding cups
- Cheese cubes
- String cheese
- Yogurt
- Squeezable or drinkable yogurt
- Cheese and crackers



## Grain Group

- Choose foods that are high in fiber and are moderate or low in fat (especially saturated and trans-fats) and sodium

### Good choices:

- Mini muffins
- Bread sticks
- Cereal, cereal mix, or cereal bars
- Graham, animal, or fish shaped crackers
- Granola
- Bagels or bagel chips
- Pretzels
- Peanut butter crackers
- Whole grain crackers
- Rice cakes
- Popcorn



## Meat Group

- Choose lean meat or "non meat" protein sources

### Good choices:

- Bean dip
- Trail mix
- Nuts
- Ready to eat tuna or chicken salad
- Single serving or squeeze peanut butter



*Adapted from the Wellness in Wyoming Project and the Family and Consumer Sciences Office of the University of Wyoming Cooperative Extension Service.*