



# Wellness Buddy Wednesday Tip

## “Snack Attack” Ideas—50 calories each



1/2 large grapefruit

1/3 Slim Jim

1 fig bar

10 dill pickle spears

15 seedless grapes

1/2 wedge honeydew melon with thin slice honey ham

5 Brach's Jelly Beans

2 Hershey's Kisses



4 low-fat Honey Maid Honey Grahams

11 dry-roasted peanuts

1 Breyers “Pure Fruit” Fruit & Cream Bar

1 cup V8 100% Vegetable Juice

6 oz Dannon Light & Fit nonfat yogurt



Happy Halloween!