

# HEALTHY SNACK SWAPS WITH Nuts.com!



**CRAVING SPICY?**



Wasabi Peas



Habanero Pistachios



Spicy Fava Beans

**WANT CRUNCHY?**

Half-Popped Popcorn



Roasted Fava Beans



Veggie Chips

**GOT A SWEET TOOTH?**



Dried Pears



Dried Strawberries



Dark Chocolate Covered Blueberries



BBQ Cashews

**NEED SOME FLAVOR?**



Vegan "Cheese" Dill Kale Crackers



Ranch Peanuts

These snack swaps were hand-picked by our Health Nut and Registered Dietitian, Molly Morgan. To find more healthy snack options go to:

[Nuts.com/HEALTHY-SNACKS](https://nuts.com/healthy-snacks)



## TWO KEYS TO HEALTHY SNACKING:

- ✓ **Nutrients:** Focus on nutrient-rich snacks that include whole grains, fruits, vegetables, nuts, seeds, and beans.
- ✓ **Portion Size:** Keep portion size in check. Double portion = double the calories!