

## Junior Officer Advisory Group

*"Protecting, promoting, and advancing the health and safety of the*



September 2016

# GET FIT - STAY FIT

## Healthy Snacking

Healthy choices during the day can

### Snacking Tips:

- Bring pre-cut fruits and vegetables instead of foods high in added sugar.
- Snack before you are hungry.
- Eat nuts and seeds, as they curb your hunger between meals and are rich in fiber, protein, and healthy fats.
- Substitute sugary drinks with water.
  - For a little flavor, try adding a slice of lemon, lime, or a splash of 100% juice to your water.



BrainFood



- Apple (pair with peanut butter or low-fat yogurt)
- Banana
- Broccoli
- Blueberries
- Carrot sticks
- Celery
- Cucumber slices
- Whole-grain breads/cereals

To view upcoming PHS Athletics events, visit: <https://dcp.psc.gov/osg/phsa/>

To view the Get Fit Stay Fit website, visit: [https://dcp.psc.gov/osg/JOAG/resources\\_getstayfit.aspx](https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx)

Sources: <https://medlineplus.gov/ency/patientinstructions/000338.htm>

<http://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

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