



### Call or Email Us for Help...

- Finding and understanding your calorie budget** and learning to snack healthfully.
- Personalizing your plan** so that you can navigate any allergy or health challenges and make choices that support your needs.
- Adjusting to your new diet**—from easing cravings and boosting your mood to finding motivation.
- Keeping healthy living fun** and interesting with over 25 years worth of helpful ideas from our experts.

## What About Snacks?

The number one question customers have is: *What about snacks?* The key to snacking is to plan ahead. It's a great idea to pre-portion and pack your snacks in advance, whenever possible, to avoid mindless munching or making poor choices mid hunger pang.

First, know your personal calorie budget (and if you don't, just call us or visit diettogo.com). The calorie surplus that remains from your calorie budget after the total of all of your Diet-to-Go meals for the day is what you can use to eat snacks. If you don't have a surplus, you can set aside sides from meals and drink lots of water. Flip over this card for some healthy snack options from our experts!



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It's important to stick to your meal plan and your calorie budget even when snacking. With Diet-to-Go to help, now you can eat well, *Snack Smart*, and reach your goals!

### 12 Healthy Snacks 100 Calories or Less

<b>1 cup Strawberries</b> 46 Calories	<b>1 cup Plain Cheerios</b> 100 Calories
<b>½ cup Fruit Sorbet</b> 100 Calories	<b>1 cup Blueberries</b> 85 Calories
<b>Small Baked Sweet Potato</b> 60 Calories	<b>2 cups Air Popped Popcorn</b> 62 Calories
<b>Small Orange or Apple</b> 55 Calories	<b>25 Pistachios</b> 100 Calories
<b>1 Pickle</b> 8 Calories	<b>1 Stick Sugarless Gum</b> 5 Calories
<b>8 Baby Carrots with 1 tbsp Reduced-Fat Ranch Dressing</b> 100 Calories	<b>1 cup Fresh Raspberries</b> 87 Calories

### Snack Smarter with These 6 Tips

<b>1. Pack Your Own!</b> Keep healthy snacks handy in the car and at work.	<b>2. Late Night Snacking?</b> It's OK as long as it fits into your calorie budget for the day.
<b>3. Count Calories!</b> Know your daily calorie budget and be mindful that your snacks fit into it.	<b>4. Watch Out for Added Sugar!</b> Avoid snacks where sugar is listed in the top 3 ingredients.
<b>5. Cooking for Others?</b> Chew a stick of sugarless gum so that you're not tempted to taste this and that.	<b>6. Keep It Small!</b> Use snack bags or small containers to portion out snacks from bigger bags and boxes.

