

# Choose This, Not That: Snacks on the Go

Finding healthy snack options while you're on the go can be tricky, but that doesn't mean it's impossible. Navigate the convenience store shelves with ease by knowing what snacks to look for:

**Fruits**

**Veggies**

**Yogurt**

**Popcorn**

**Applesauce**

**Fruit popsicles**

**String cheese**

**Nuts**

**Seeds**

**Avocados**



**Cra**



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