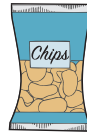


# Less Nutritious Snack Choices



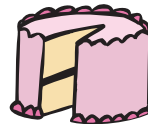
soda



potato chips



cookies



cake



candy



cheese puffs



brownies



cupcakes



pie



ice cream



fruit  
punch



candy  
bars



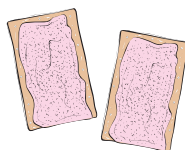
milk  
shakes



French  
fries



licorice



Pop  
Tarts

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).