

# Step Up Forsyth !

## Week 5 Challenge

October 16—22



Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

### Healthy Snacks

Many people believe that snacks can sabotage a healthy diet. It is important to understand that snacks can help you stick to a good diet, as long as you make healthy choices and do not overeat. Snacking can prevent you from overeating at your main meals, which can in turn help you reach your weight loss goals.



#### Healthy Snacks

- 1 carton low fat yogurt or 1/2 cup low fat cottage cheese
- 1 small sliced apple with 1 tablespoon of almond or peanut butter spread
- Half a turkey sandwich on 100% whole wheat bread
- 6 whole crackers and 1 ounce of low fat cheese
- 1 small bag of low fat popcorn
- 1 cup raw veggies with low fat dressing
- Fruit

Using the chart below, list all the healthy snacks that you consume during the week.

	Healthy Snacks
Sunday 10/16	
Monday 10/17	
Tuesday 10/18	
Wednesday 10/19	
Thursday 10/20	
Friday 10/21	
Saturday 10/22	

To be eligible for the weekly prize, return this form by Monday, 10/31 using 1 of 5 ways:

- Drop form(s) off at Forsyth County Health Department (799 N Highland Ave)
- Scan form(s) and email it to [stepupforsyth@forsyth.cc](mailto:stepupforsyth@forsyth.cc)
- Fax to the Department of Public Health at 336-727-8034
- Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686
- Go to [www.forsyth.cc/PublicHealth/stepup\\_forsyth.aspx](http://www.forsyth.cc/PublicHealth/stepup_forsyth.aspx) and click "challenge" to complete this form online