

# HEALTHY SNACKS & BEVERAGES

Due to the convenience and availability of so many unhealthy foods as snacks, this is an area where many individuals struggle to make the right choices. Sodas and other sugary drinks can have high levels of sugar per serving. Similarly, some junk food snacks deliver excessive amounts of sugar or fat and sodium with little or no health benefit. Choosing healthy snacks and beverages can make a huge difference in your health.

## SMARTER BEVERAGE OPTIONS

- Arbonne Essentials Herbal Detox Tea
- Arbonne Essentials Energy Fizz Sticks
- Black, green, white teas (unsweetened)
- Freshly pressed fruit/vegetable juices (no added sodium or sugar)
- Water

## SMARTER SNACK OPTIONS

- Arbonne Essentials Protein Snack Bars
- Arbonne Essentials Fit Chews
- Celery sticks with almond butter
- Hummus with raw vegetables
- Raw fruits (low glycemic index)
  - green apples and berries
- Raw vegetables
- Nuts (unsalted to limit sodium intake)

