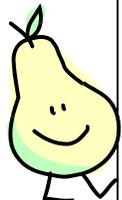


| Are you Craving...  | Instead of...   | Choose this!  |
|---|---|---|
| Crunchy   | Potato chips<br> | Pretzels, baked tortilla chips, apples, carrots, celery, peppers, rice cakes, graham crackers   |
| Sweet<br>  | Cake, cookies, ice cream or candy   | Fresh, frozen or dried fruit, cereal, unsweetened canned fruit, baked apples, raisins, Jell-O, yogurt with granola, frozen yogurt, sherbet  |
| Munchy<br> | Snack crackers or buttered popcorn  | Cheese with whole grain crackers, bagel with peanut butter, unsalted sunflower seeds, whole-grain breads or toast, cherry or grape tomatoes, unsalted almonds, walnuts and other nuts |
| Thirst-Quenching  | Soda  | Unsweetened fruit juice, skim milk, mixed vegetable juice<br>                                    |



DEPARTMENT OF  
**PUBLIC HEALTH  
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop smoking program in collaboration with community partners.

