

Give a Healthier Gift Basket



Healthier Swaps for Seasonal Eats

Swap candies and sweets

Increase risk for cavities,
weight gain and poor
nutrition

FOR

Fresh or dried fruits

Loaded with fiber and
antioxidants



Swap cookies

High in sugar and
unhealthy fats

FOR

Snack packs

Try popcorn or protein
bites for portion control

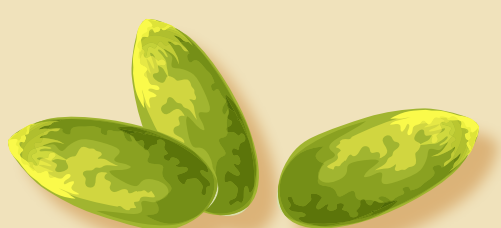
Swap chips

Loaded with calories,
unhealthy fats and
sodium

FOR

Nut butter, nuts and seeds

Healthy fats help promote
a healthy brain and heart



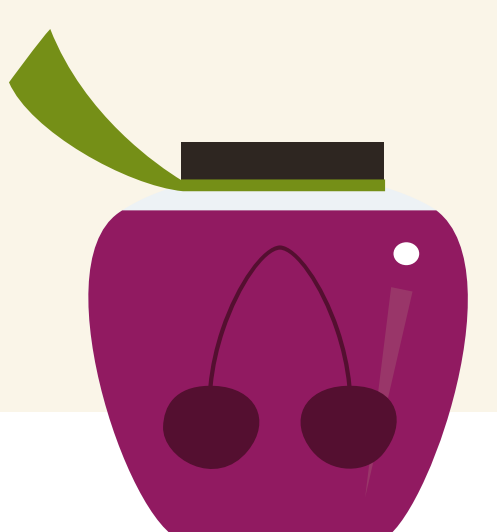
Swap crackers

Calories without
nutritional benefit
(*unless they're whole grain*)

FOR

Homemade jam or salsa

Natural ingredients are
rich in antioxidants



Sources: Northwestern Medicine, heart.org