

# SIMPLE ACRES

Increase your Happy! Adopt the motto, "All foods fit!" Make peace with food! Enjoy the YUMMY without the guilt while achieving your health goals. The list below includes 20 "treat" foods that are around 200 calories or less. When these type options garnish (20%) a wholesome healthy diet it adds satisfaction & increases your success with committing to a healthy lifestyle long-term. When we stop judging food as "no-no" or "good" we empower ourselves in defining our own journey of what happy and healthy is!

- ❖ 2 Tbsp light caramel dip & 1 apple
- ❖ 2 pudding snacks
- ❖ 2 fun size snickers
- ❖ 1 cup slow churned light ice cream
- ❖ 2 fudge pop popsicles
- ❖ 2 fruit flavored popsicles
- ❖ 1 poptart
- ❖ 1 slice of Canadian bacon or veggie pizza thin crust
- ❖ 1 bag of unbuttered popcorn
- ❖ ½ cup French fries
- ❖ 1 palm size cookie
- ❖ 8 Hershey Kiss
- ❖ ¾ cup mac & cheese
- ❖ 1 palm size slice of light cheese cake
- ❖ 16 chips