Choosing healthy snacks helps maintain energy levels, recover from exercise, and increase nutrient intake. Fruits, vegetables and nuts make healthy and filling snacking options! Try to avoid added sugars when choosing your snacks.

**Sneaky Sugars**

*Added sugars* are sugars that are added to processed foods and drinks and provide little or no nutritional value. These added sugars can lead to serious health problems, including obesity/type 2 diabetes, tooth decay, and heart disease.

On nutrition labels, *added sugar* can be called many different names, such as corn syrup, corn sweetener, molasses, fruit juice concentrates, and words ending in –*ose* (fructose, sucrose, maltose, etc).

For more information on healthy snacking:
- Watch this quick video about [Healthy Vending on Campus](#) to learn what’s available.
- Check out this All About Health article about [healthy snack ideas](#)
- Cafe Bon Appetit: [Weight Management](#)