



Simple Snack Swaps

Instead of...	Try	Save
1 cup regular chips 107 calories	1 cup pop-corn (low-fat) 32 calories	75 calories
1 cup fruit salad in heavy syrup 181 calories	½ cup strawberries and ½ cup blueberries 46 calories	135 calories
Cake doughnut 198 calories	2 cinnamon graham crackers 118 calories	80 calories
1 cup corn chips 237 calories	1 cup Baked or low-fat tortilla chips 72 calories	165 calories
4 Oreo cookies 208 calories	½ chocolate candy bar 107 calories	101 calories
16 oz. Starbucks Mocha Frappuccino (no whip) 260 calories	16 oz. Starbucks Mocha Frappuccino Light (no whip) 140 calories	120 calories
4 celery sticks with 2 Tbsp. ranch dressing 145 calories	4 celery sticks with 2 Tbsp. hummus 55 calories	90 calories
Soft pretzel (4 oz) 389 calories	1 cup snack mix (pretzel, nut and cereal mix) 190 calories	199 calories
Chocolate covered ice cream bar 169 calories	Light Fudgescile 122 calories	47 calories

Instead of...	Try	Save
¼ cup yogurt covered raisins 280 calories	¼ cup sugar-free jelly beans 180 calories	100 calories
¼ cup mixed nuts 219 calories	¼ cup pistachios with ½ banana 127 calories	92 calories
1 piece pound cake 350 calories	1 piece biscotti 145 calories	205 calories
1 package M&M's 236 calories	6 special dark Hershey kisses 140 calories	96 calories
1 Brownies Bites bag 235 calories	½ cup low-fat chocolate pudding 105 calories	130 calories
1 small vanilla milkshake 199 calories	½ cup frozen yogurt 117 calories	82 calories
Crème filled chocolate cupcake 190 calories	Chocolate chip granola bar 124 calories	66 calories
Twix (1 pkg.) 280 calories	Kit Kat (1 pkg.) 220 calories	60 calories
1 cup chocolate milk 226 calories	1 cup low-fat chocolate milk 158 calories	68 calories
¼ cup guacamole 91 calories	¼ cup salsa 16 calories	75 calories