



## ➡Snack on This ➡Not That

With busy holiday preparations and entertaining, it's important to keep yourself fueled with nourishing foods. Healthy snacks can help keep you from ravenously attacking the fridge or vending machine. However, it's the type of snack that matters. Here are a few examples that will inspire you to eat better – without any need to give up some of the tastes and textures you love.

- You used to eat ➡ Potato chips
- Now you choose ➡ Popcorn or toasted sunflower seeds

**Here's why:** An ounce of air-popped popcorn is three cups, which will fill you up—while you may have trouble stopping at a scant ounce of chips. Plus, you'll end up with less sodium. Protein and fiber-rich sunflower seeds are another good choice for a crunchy snack.



- You used to eat ➡ Sour cream bacon dip
- Now you choose ➡ Salsa or hummus

**Here's why:** Five tablespoons of bacon dip have eight times the calories of vegetable salsa. Salsa is also a good source of important nutrients and has a zippy flavor that can be wonderfully satisfying. If creamy texture is your priority, hummus is another good choice—plus it's loaded with fiber.



- You used to drink ➡ Soda
- Now you choose ➡ Seltzer water with juice or iced herbal tea

**Here's why:** A twenty-ounce cola contains about 16 teaspoons of sugar. If fizzy-with-flavor is what you're after, splash a little of your favorite juice into a glass of seltzer water. Iced herbal tea is another cool refresher.

- You used to eat ➡ Ice Cream Sundae
- Now you choose ➡ Yogurt Fruit Granola Parfait

**Here's why:** Your taste buds want a creamy cool sensation with extra flavors thrown in. By choosing the yogurt parfait (six ounces plain yogurt, ¼ cup granola and ½ cup fruit) instead of a cup of premium vanilla ice cream with 2 tablespoons fudge sauce, you'll cut the calories in half, and avoid more than a day's worth of saturated fat.



- You used to eat ➡ Personal Pan Pizza
- Now you choose ➡ Homemade Pita Pizza

**Here's why:** The pizza you make at home, using a 6" whole wheat pita as a base, has about half the calories, half the fat, and one-sixth of the sodium of a commercial 6" pan pizza. Pile your own creation high with your favorite colorful vegetables, and you'll double the fiber, too.