

# 5 Way to Make Over Your Snacks

CRAVING	BETTER OPTION	HEALTHIEST CHOICE
POTATO CHIPS	Baked chips or tortilla chips with a side of hummus, chopped avocado or salsa	Baby carrots with fat-free ranch dressing. “The dressing has a savory kick, and you’ll get in a serving of vegetables,” says Somer.
CHOCOLATE CANDY BAR	2 Hershey’s Kisses- you get the same sweet taste with fewer calories.	Strawberries, bananas or another fruit dipped in Hershey’s Special Dark Syrup.
SLICE OF PEPPERONI PIZZA	A slice of pizza made with lowfat cheese	Pile on the veggies! Try a slice with grilled or fresh vegetables instead of the greasy version you’re used to.
SODA	A V8 V. Fusion- each serving contains ½ cup of vegetables and ½ cup of fruit.	Mix ¼ cup cranberry juice with sparkling water for a fizz fix.
ICE CREAM	Lowfat yogurt or sherbet-they both still contain a fairly large amount of sugar, so pay attention to serving sizes.	A Dole Frozen Fruit and Juice bar, or a bowl of frozen fruit (blueberries, peaches, raspberries, or cherries.)