More Snack Swaps

CHIPS AND SALSA instead of NACHOS WITH CHEESE
- Saves 110 calories
- Saves 9 grams of fat
- Offers 2 more grams of fiber

BERRIES AND YOGURT instead of STRAWBERRY SUNDAE (small)
- Saves 90 calories
- Offers 400 mg more calcium
- Saves 4 grams of fat
- Offers 1.6 more grams of fiber
- Reduces added sugar intake

CELERY AND HUMMUS instead of PRETZELS
- Saves 170 calories
- Offers 1 gram more of fiber
- Saves 600 mg sodium

STRAWBERRY BANANA SMOOTHIE instead of STRAWBERRY MILKSHAKE (12 oz.)
- Saves 280 calories
- Saves 12 grams of fat
- Offers more vitamin C
- Reduces sugar by 45 grams

GRAPES (1/2 cup) instead of TWIZZLERS (4)
- Saves 100 calories
- Over 100 milligrams less sodium
- Offers 1 gram more of fiber
- Less fat (1 gram)