Swapping Out Snacks

Check out the calorie savings and nutrient gains you make when you swap out a not-so-healthy snack option for a delicious fruit or vegetable.

**BANANA instead of CANDY BAR**
- Saves 100 calories
- Offers 290 more milligrams of potassium

**8-10 BABY CARROTS instead of BAG OF CHIPS**
- Saves 130 calories
- Reduces sodium intake by 170 mg
- Reduces fat intake by 10 grams
- Provides 1.5 more grams of fiber

**APPLE instead of MONSTER COOKIE**
- Saves 430 calories
- Saves 8 grams of saturated fat (the not-so-healthy fat)
- Boosts fiber intake by 2.4 grams

**1 CUP BLUEBERRIES instead of GLAZED DOUGHNUT**
- Saves 100 calories
- Reduces added sugar intake
- Saves 11 grams of fat
- Offers 3.6 grams of fiber