Choose and Lose Snacks

Cut Calories!

Low-Fat 1% Chocolate Milk
- Yes
- 8 oz = 158 cal
- You save 50 calories

Whole-Milk Chocolate Milk
- No
- 8 oz = 208 cal

Pretzels
- Yes
- 1 oz = 100 cal
- You save 50 calories

Corn Chips (tortilla chips)
- No
- 1 oz = 150 cal

Buy healthy snacks
Keep them handy—in the car, at work, in a backpack or at home.

Choose low-calorie snacks
Check food labels every time you snack.

Applesauce unsweetened
- Yes

Chocolate Pudding
- No
- 5 oz = 189 cal

Light Popcorn Mini Bag
- Yes
- 1 cup = 70 cal
- You save 70 calories

Buttered Popcorn Mini Bag
- No
- 1 cup = 140 cal

Buy snack-size packages
Or pack your own snacks.

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Snacks are a great place to save calories!

Did you know that you can lose 10 to 30 pounds in a year by eating 100 to 300 fewer calories a day?

The right snacks can help you:
- Eat less.
- Feel full longer.
- Control cravings.
- Have more energy.

- Frozen Yogurt
  - Yes
  - 1/2 cup softserve = 115 cal
- Chocolate Ice Cream
  - No
  - 1/2 cup = 349 cal
- Part NonFat String Cheese
  - Yes
  - 1 oz = 79 cal
- Cheese Crackers
  - No
  - 1 oz = 142 cal

You save 234 calories

- Diet Soda
  - Yes
  - 12 oz = 1 cal
- Soda
  - No
  - 12 oz = 160 cal

You save 159 calories

- Granola Bar
  - Yes
  - 1.75 oz = 180 cal
- Candy Bar
  - No
  - 2.1 oz = 289 cal
- Baked Potato
  - Yes
  - 1 medium with low-fat sour cream and seasonings = 187 cal
- French Fries
  - No
  - 1 medium = 450 cal
- Oatmeal Cookie
  - Yes
  - 3" = 106 cal
- Snack Cake
  - No
  - 2.8 oz = 368 cal

You save 109 calories

You save 263 calories

Plan ahead
Don't get caught in front of a vending machine with a serious need to snack!