

smart snacking

A 100-calorie power snack can give you a between-meal boost. When the need to nibble hits, try these filling combos instead of the usual vending machine fare.

SNACK ON THIS...



1/3 of a Snickers bar



10 potato chips



8 peanut M&M'S



2 Oreos



1/3 large chocolate chip cookie

...OR ONE OF THESE HEALTHIER IDEAS:



24 pretzel sticks

+



2 tbsp dried cranberries

= **96**
CALORIES



1 corn tortilla

+



1/3 of an avocado

= **105**
CALORIES



10 whole almonds

+



1/2 tbsp chocolate chips

= **105**
CALORIES



1 Wasa cracker

+



1 hard-cooked egg

= **103**
CALORIES



1/2 cup edamame

+



spices and salt

= **95**
CALORIES

NAVIGATING THE MENU: WHAT TO ORDER AT VALENTINE'S DAY DINNER

Skip it: Restaurant fare like pasta with cream sauce, steak, or Caesar salad can make saturated fat an extra guest at your table for two. **Order it:** Go for a pasta with a tomato-based sauce and a lean protein, like shrimp, says registered dietitian Marissa Lippert, author of *The Cheater's Diet*. Or have sirloin, one of the leanest beef cuts, with a seasonal side salad.