

# THE DOS & DON'TS OF SNACKING

*Experts agree: Between-meal noshing can be good for you. So here's what to grab—and what to skip—when munchies strike.*

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## Got a Craving for... ...Ice Cream?

### DON'T

1 cup Ben & Jerry's Vanilla Heath Bar Crunch Ice Cream (580 calories, 34 grams fat)

### DO

1 cup Breyers Vanilla Ice Cream with 1 tbsp. hot fudge (340 calories, 16 grams fat)

YEP, YOU CAN HAVE ICE CREAM.

## ...Chips?

### DON'T

A 99¢ bag of Fritos Corn Chips (560 calories, 35 grams fat)

### DO

A 99¢ bag of Lay's Baked Potato Chips (160 calories, 2.5 grams fat)

## ...A Sweet Iced Drink?

### DON'T

Starbucks Grande White Chocolate Mocha Frappuccino with whipped cream (410 calories, 16 grams fat)

### DO

Starbucks Grande Iced Caffé Mocha with 2% milk (200 calories, 6 grams fat)

## ...A Cheesy Bagel?

### DON'T

1 toasted bagel with cream cheese (480 calories, 18 grams fat)

### DO

1 toasted English muffin with 1 slice melted cheddar (233 calories, 10 grams fat)

## ...Milk & Cookies?

### DON'T

4 Oreos with 1 cup 2% milk (343 calories, 14 grams fat)

### DO

8 chocolate graham crackers with 1 cup skim milk (220 calories, 3 grams fat)

## ...A Strawberry Treat?

### DON'T

2 Frosted Strawberry Pop Tarts (400 calories, 10 grams fat)

### DO

Fage Total 2% Greek Yogurt With Strawberry and 1 Pepperidge Farm Shortbread Homestyle Cookie (210 calories, 6 grams fat)

## ...Popcorn?

### DON'T

1 bag Orville Redenbacher's Butter Popcorn (425 calories, 30 grams fat)

### DO

1 bag Orville Redenbacher's Smart Pop 94% Fat-Free Butter Popcorn (240 calories, 4 grams fat)