



Eat This, Not That: Summertime Snacks

Snack food cravings are real and can be intense. Often, individuals crave a specific flavor – spicy, chocolaty or sugary – and some say that only a specific texture – creamy or crunchy, for example – will satisfy their snack attack. To help consumers beat their cravings, these “Eat This, Not That: Healthful Snacking” suggestions can help:

Craving	Eat This	Not That	Savings
Spicy	Everybody’s Nuts!® - South of the Border Pistachios Serving Size: ½ Cup (30g without shells) Calories: 170 Total Fat: 13g (mostly healthful fats)	Nacho Cheese Flavored Tortilla Chips Serving Size: 1 Bag (49.6 g) Calories: 250 Total Fat: 13g (no healthful fats)	80 calories 10+ grams of unhealthy fats
Chocolaty	Dark Chocolate Bar 70% Serving Size: 1 Bar (45g) Calories: 207 Total Fat: 19g Sugars: 0.2g	Butterfinger King Size Candy Bar Serving Size: 1 King Size Bar (108g) Calories: 500 Total Fat: 20g Sugars: 50g	293 calories 50 grams of sugar
Crunchy	Air-popped Popcorn – <i>add your own spices!</i> Serving Size: 3 cups (24g) Calories: 93 Total Fat: 1g	Potato Chips Serving Size: 1 oz (28g) Calories: 150 Total Fat: 10g	57 calories 9 grams of total fat
Creamy	Low-fat Frozen Yogurt Serving Size: ½ Cup Calories: 110 Total Fat: 3.5g	Full-fat Ice Cream Serving Size: ½ Cup Calories: 220 Total Fat: 13g	110 calories 9.5 grams of total fat
Sugary	Strawberries Serving Size: 1 Cup, Halves (152g) Calories: 49 Total Fat: 0.5g Sugars: 7.5g	Twizzlers Strawberry Twists Candy Serving Size: 4 Pieces (45g) Calories: 158 Total Fat: 1g Sugars: 18g	109 calories 10.5 grams of sugar