

# Smarter Snack Swaps

## TO CUT CALORIES

Shop for smarter snacks low in calories and high in fiber to have on hand next time hunger hits between meals. Specifically, look for snacks that average 150 calories or less and contain a minimum of 3 grams of fiber.



### Popcorn

That crunch and subtle saltiness doesn't always have to come from a bag of chips. Four entire cups of butterless popcorn contains less calories than just one cup of flavored potato chips.

70 Calories Saved

Soda isn't the only bubbly beverage in town. A fruit-flavored sparkling water contains almost 300 calories less than a soda and you'll get the same effervescence without the sugar.

290 Calories Saved



### Sparkling Water



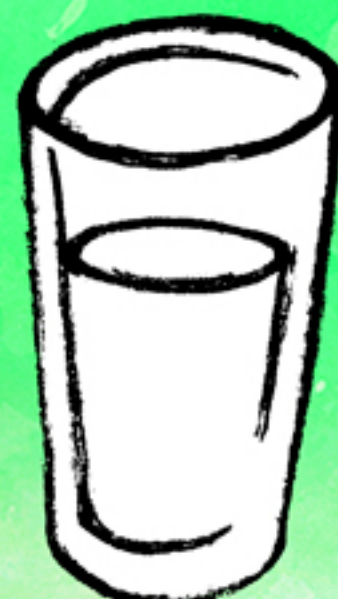
### Handful of Almonds

It's important to keep your energy up when you're outside hiking, as is from where that source of energy comes. A handful of almonds (23 almonds) gives you a boost and also contains nearly 100 less calories than an energy bar.

85 Calories Saved

Working out is tough enough, so why add unnecessary sugar and calories to burn off? Water has kept people hydrated for thousands of years and contains no calories, which is a lot when compared to the 140 calories found in a 20 oz. sports drink.

140 Calories Saved



### Water



### Coffee with Cream

We understand! Sometimes Thursday afternoon requires a stop at the coffee shop for a latte. But how about keeping it to just Thursday? A regular coffee (even with half and half) contains only about 20 calories. A latte? Almost 200.

170 Calories Saved

When you roll out the barrel you also roll away a few extra calories. Choose a light beer over a regular beer to save over 40 calories per serving.

40 Calories Saved



### Light Beer



### Fresh Fruit

Candy bars are delicious because they hit your sweet tooth. Surprise! Nature can hit that sweet tooth just as well. A processed, plastic-wrapped candy bar has nearly 300 calories. A plump, juicy peach? Only 58 calories.

220 Calories Saved

Sometimes you can cut calories without making it visible. Replace sugar with unsweetened applesauce in your baking recipes in a one-to-one ratio to cut almost 700 calories out of the final product.

670 Calories Saved



### Baking with Applesauce

Visit Marshfield Clinic's blog for more wellness tips, nutritionist-approved recipes and healthy-living advice.

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