



## Snacks Under 200 calories:

### **Best Bets:**

Nature Valley Oats N Honey Granola Bar  
Nature Valley Trail Mix Bar  
Lance Pistachios  
Lance PB and crackers and Captain Wafers  
Special K Single Cup  
Kraft Sting Cheese  
Kashi Granola Bars  
Chex Mix Turtle Bar

### **Ok:**

Sunflower Seeds 1 oz. serving (watch for package size)  
Rice Krispie Bar  
Nutra Grain Bar  
Honey Nut Cheerios Single Cup  
Planters Trail Mix (3 T serving)  
Snickers Marathon Nutrition Bar  
Balance Gold Bar  
Quaker Snack Mix (3/4 c.)  
Lance Popcorn (2 c. serving) – bigger serving size than Smartfood Cheddar Popcorn  
Sunchips (~16 chip serving)  
Baked Lays (~15 chip serving)  
Raisinettes (1.5 oz package)  
Pringles 1.5 ounce can (240 calories)  
Planters Cashews 1.5 ounce (250 calories)

### **Snacks to avoid:**

Little Debbie Cakes  
Oatmeal Crème Pie 410 calories and 66 g. carbohydrate (4 servings)  
Nutty Bar 460 calories and 50 g. carbohydrate (3.5 servings)  
Honey Bun 460 calories and 46 g. carbohydrates (3 servings)  
Most candy bars are 250 calories and higher  
Grandmas Cookies (has trans fat)  
Other PB and cracker brands (would only go for Lance brand for trans fat free products)

For more information on the Healthy Living Kitchen Cooking Classes,  
call 305-6877 or visit the web at [www.utmedicalcenter.org](http://www.utmedicalcenter.org)