ENLIGHTENING CHOICES

Nutrition for a Lighter Lifestyle

By Anamarie Orgera

WHOLE FOODS SNACK LIST

Item

-Brand name

(Calories, carbohydrates, fat, protein)

*Special Facts

**Recommendations

Corn Thins

-Real Foods

2 slices (44, 8g, 0g, 1g)

*10% dietary fiber

recommended with **Peanut Butter (all natural)

-MaraNatha

2 tbs (190, 7g, 16g, 8g)

*3g dietary fiber

Apple Sauce

-North Coast

½ cup (50, 15g, 0g, 0g)

*2g dietary fiber, 11g sugar (0 added, all natural)

Think Thin bars

1 bar (230, 26g, 7g, 20g)

*2g dietary fiber, 0g sugar, 17 vitamins/ minerals

*Wheat/Gluten free

18 Rabbits (bars)

1 bar (220, 33g, 10g, 4g)

*also available at Peet's coffee

Kashi Bars

1 bar (120, 24g 2g, 5g)

*4g dietary fiber

Sesame Crackers

-RY Krisp

2 crackers (60, 40g, 1.5g, 1g)

*3g dietary fiber

recommended with **Light Original Swiss Cheese Wedges

-The Laughing Cow

1 wedge (35, 1g, 2g, 2.5g)

Greek Yogurt

-Fage

1 individual container (90, 7g, 0g, 15g)

**recommended with berries of your choice

String cheese

-Precious Stringsters

1 stick (80, 1g, 6g, 7g)

Baby Carrots

-Bolthouse Farms

3 oz (35, 8g, 0g, 1g)

*2g dietary fiber

recommended with **Sun Dried Tomato Hummus

-Bolani

1 oz (20, 4g, 1g, 1g)

Original 7 Grain Snack Crackers

-Kashi TLC

15 crackers (120, 21g, 3.5g, 3g)

*2g dietary fiber

94% Fat Free Popcorn

-Orville Redenbacher's

1 cup popped (15, 25g, 0g, 4g)

*4g dietary fiber

Green Peas Salted Natural

-Whole Foods

1/3 cup (130, 17g, 4g, 6g)

*3g dietary fiber

All Natural Whole Grain Granola

-Bear Naked

1/4 cup (130, 19g, 5g, 3g)

*2g dietary fiber, 15g whole grain

Almonds

1 oz (160, 6g, 14g, 6g)

*3g dietary fiber

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