

Foods to Buy and Eat






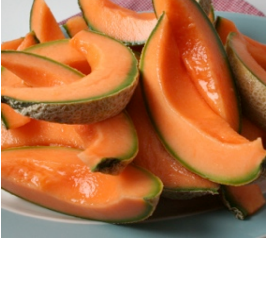
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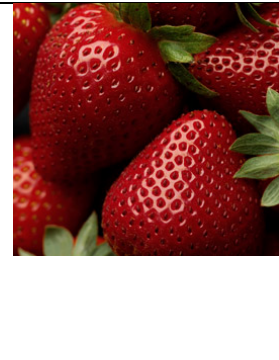

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Foods to Buy & Eat






Fat, Protein, Cholesterol and Calories are based on Serving Size Listed






FRUIT		<ul style="list-style-type: none"> • Pre-cut fruit usually contains preservatives. • Frozen fruit has less nutritional value.
	<p>Fresh Apples Serving: 1 (2 ½" diameter) 0g Fat 53 Calories 0mg Cholesterol 0.3g Protein</p>	<ul style="list-style-type: none"> • Any kind is good! • Do not slice them up until you are ready to eat them. • Be sure to eat the skin to get the maximum nutritional value.
	<p>Bananas Serving: 1 (7" Long) 0.4g Fat 105 Calories 0mg Cholesterol 1.3g Protein</p>	<ul style="list-style-type: none"> • Slice small pieces into yogurt with strawberries or add to cereal w/Fat-free milk. • Great for on-the-go and to take to work because it comes in its own package.
	<p>Fresh Cherries Serving: 1 C (5.4 oz.) 0.3 g Fat 97 Calories 0mg Cholesterol 1.6g Protein</p>	<ul style="list-style-type: none"> • Great by themselves and on non-fat yogurt.
	<p>Cantaloupe Serving: 1 small Cantaloupe Melon – 4 ¼" Diameter 0.75g Fat 150 Calories 0mg Cholesterol 3.7g Protein</p>	<ul style="list-style-type: none"> • Any kind of melon is good!



	<p>Dole Fruit Cups with 100% Juice-Peach or Pineapple</p> <p>Serving: 1 package (4 oz.) 0g Fat 60-70 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • Avoid those in Syrups. • Just the right size: Pour off the juice and mix the fruit with Yogurt. • Great to take for with you to work as part of your lunch.
	<p>Bee Sweet Mandarin Oranges or Clementine Tangerines</p> <p>Serving: 1 tangerine 0g Fat 35 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • Seedless, easy-to-peel, and delish! <p>1 large Mandarin (2-1/2" diameter) 52 calories</p>
	<p>Fresh Cut Up Strawberries sprinkled w/Raw Cane Sugar</p> <p>Serving: 1 C 0.5g Fat 87 Calories 0mg Cholesterol 1g Protein</p>	<ul style="list-style-type: none"> • Feel like a dessert over yogurt or cereal. • Mix with bananas. • Cut up ahead of time, sprinkle with 2 tsp. cane sugar and store in ½ Cup portions for taking to work.
	<p>Seneca Strawberry Flavored Applesauce - 6-pack</p> <p>0 g Fat 70 Calories 0mg Cholesterol 1g Protein</p>	<ul style="list-style-type: none"> • Many applesauce products contain High Fructose Corn Syrup, but this brand does not.

Vegetables






	<p>Asparagus</p> <p>Serving: (9) ½" Spears 0.3g Fat 30 Calories 0mg Cholesterol 3g Protein</p>	<ul style="list-style-type: none"> • Steamed for 5-10 minutes.
	<p>Bell Pepper</p> <p>Serving: 1 whole (6 oz.) 0g Fat 51 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • Steam for 5-10 minutes. • Sauté in chicken broth with onions, garlic & mushrooms; serve over rice.
	<p>Brussels Sprouts</p> <p>Serving: 1 C (88 grams), Cooked 0.3g Fat 38 Calories 0mg Cholesterol 3g Protein</p>	<ul style="list-style-type: none"> • Remove flat end, cut in half and boil, steam, roast or BBQ. • Sprinkle with balsamic or rice vinegar and salt and pepper. • Also delicious by themselves, but may be an acquired taste.
	<p>Cabbage</p> <p>Serving: ½ Head - boiled 2.7g Fat 140 Calories 0mg Cholesterol 6.5g Protein</p>	<ul style="list-style-type: none"> • Cut up and boil in chicken broth for 15-20 minutes. It's really, really YUMMY and very healthy! • Look for recipes on line to make your own coleslaw using non-fat yogurt as an ingredient replacement for any oil specified.
	<p>Carrots</p> <p>Serving: (4) 1.6oz Each 0.3g Fat 64 Calories 0mg Cholesterol 1.4g Protein</p>	<ul style="list-style-type: none"> • Steam for 15-20 minutes. • Great raw or cooked. • Take to work as part of your lunch. • Steamed carrots are great with rice.






	<p>Cucumbers</p> <p>Serving: (1) 8" With Skin 0.3g Fat 45 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Eat as a snack with Yogurt. • Eat as a chip with a non-fat dip. • Add to your salad. • Sprinkle with salt and eat them alone. • Soak them in Seasoned Rice Vinegar for 15 minutes and then enjoy as a tasty snack or side dish.
	<p>Celery</p> <p>Serving: (4) 7" Stalks 0.3g Fat 22 Calories 0mg Cholesterol 1g Protein</p>	<ul style="list-style-type: none"> • Eat as a snack using Yogurt as a dip • Add to your Salad. • Sautéed in water with onions, garlic & mushrooms, over rice. • Use a potato peeler to remove the coarse outer strings. • Save the leafy parts to add to a pot of beans or a water sauté.
	<p>Garlic</p> <p>Serving: (4) cloves 0g Fat 18 Calories 0mg Cholesterol 0.8g Protein</p>	<ul style="list-style-type: none"> • Sautéed with onions, mushrooms, bell pepper, celery over rice.
	<p>Brown Mushrooms (Italian or Crimini)</p> <p>Serving: 1 Cup whole mushrooms 0g Fat 19 Calories 0mg Cholesterol 2.2g Protein</p>	<ul style="list-style-type: none"> • Sauté with onions, bell peppers and celery over rice.
	<p>Onions</p> <p>Serving: (1) 3.5" dia 0.1g Fat 64 Calories 0mg Cholesterol 1.4g Protein</p>	<ul style="list-style-type: none"> • Sauté with mushrooms, bell pepper sand celery over rice.





	<p>Parsnips</p> <p>Serving: (3) 9" Each 1.4g Fat 341 Calories 0mg Cholesterol 6.3g Protein</p>	<ul style="list-style-type: none"> • Steamed for 15-20 minutes. • Sweeter than Carrots but higher in calories.
	<p>Potato</p> <p>Serving: (1) 8oz with skin - Baked</p> <p>0.3g Fat 164 Calories 0mg Cholesterol 3.6g Protein</p>	<ul style="list-style-type: none"> • Serve fat-free Yogurt or Sour Cream as a topping.
	<p>Fresh Spinach Leaves</p> <p>Serving: 9oz</p> <p>1g Fat 60 Calories 0mg Cholesterol 7.3g Protein</p>	<ul style="list-style-type: none"> • Good in egg white omelets. • Use in a salad.
	<p>Sprouts (Alfalfa or Mung Bean)</p> <p>Fresh</p> <p>Serving: ½ Cup</p> <p>0.2 - 0.8g Fat 34 Calories 0mg Cholesterol 3.4 – 4.5g Protein</p>	<ul style="list-style-type: none"> • Use in a salad. • Add generously to a sandwich. • Marinate in Seasoned Rice Vinegar with Cucumbers for 15 minutes and enjoy as a salad, snack or side dish.
	<p>Tomatoes</p> <p>Serving: (1) 6.4oz Each (3" diameter)</p> <p>0.4g Fat 33 Calories 0mg Cholesterol 1.6g Protein</p>	<ul style="list-style-type: none"> • Use in a salad. • Add slices generously to your sandwich • Marinate in Seasoned Rice Vinegar with Cucumbers for 15 minutes and enjoy as a salad, snack or side dish.



	<p>Yams</p> <p>Serving: (1) 8oz with skin 0.3g Fat 263 Calories 0mg Cholesterol 3.4g Protein</p>	<ul style="list-style-type: none"> • Try yesterday's (cooked) Yam & Eggs (whites) for breakfast. • Eat cooked yams with rice. • Use them baked as dip or as schmear. • Great on a cold winter night.
	<p>Zucchini</p> <p>Serving: (1) 8oz 0.3g Fat 36 Calories 0mg Cholesterol 1.5g Protein</p>	<ul style="list-style-type: none"> • Steamed for 10-15 minutes

MEAT & PROTEINS




	<p>Egg Whites</p> <p>Serving Size: 1 C 0 Fat 120 Calories 0mg Cholesterol 26g Protein</p>	<ul style="list-style-type: none"> • There are many different brands. Some are better than others. • Look for products that contain real egg whites in a carton that looks like a quart of milk. • They last a long time in the fridge. • Spray a Teflon pan with low fat oil spray
	<p>Jumbo Egg Whites</p> <p>Serving Size: 4 Egg Whites 0g Fat 100 Calories 0mg Cholesterol 18g Protein</p>	<ul style="list-style-type: none"> • Do not eat the yolk! The yolk contains all of the cholesterol and fat. • Mix real Egg Whites with the cartooned egg whites. • Spray a Teflon pan with low fat oil spray or hard-boil the eggs and eat the whites only.
	<p>Chicken Breast –boneless, cooked, skinless</p> <p>Serving Size: 4 oz. 4g Fat 184 Calories 94mg Cholesterol 34.4g Protein</p>	<ul style="list-style-type: none"> • Most of the fat on a chicken is under the skin. Remove the skin prior to steaming, roasting, braising or basting chicken breast. • Cooking chicken in Chicken Broth makes it moist. • Avoid packaged chicken breast luncheon meats.
	<p>Philadelphia Fat-Free Cream Cheese</p> <p>Serving: 3 oz. 0g Fat 90 Calories 15mg Cholesterol 12g Protein</p>	
	<p>Fresh Cooked Salmon Filet Baked, roasted, steamed or broiled</p> <p>Serving Size: 4 oz. 5g Fat 170 Calories 76mg Cholesterol 28g Protein</p>	<ul style="list-style-type: none"> • Avoid canned salmon.





	<p>Tempeh</p> <p>Serving Size: 3 oz. Uncooked 9.2g Fat 164 Calories 0mg Cholesterol 15.8g Protein</p>	<ul style="list-style-type: none"> • Tastier than Tofu. • High in protein. • Consistency is firm and chewy.
	<p>Tofu - Firm</p> <p>Serving Size: 4 oz. Uncooked 4.7g Fat 79 Calories 0mg Cholesterol 9.3g Protein</p>	<ul style="list-style-type: none"> • Consistency is soft, smooth and spongy. • Will pick up flavors from added spices. • High in protein. • Avoid frying as it soaks up fat.
	<p>Naturally Yours Fat-Free Sour Cream</p> <p>Serving: 4 oz. (8 Tablespoons) 0g Fat 80 Calories 12mg Cholesterol 4g Protein</p>	<ul style="list-style-type: none"> • Great on Baked Potatoes or Yams. • Use when baking to add moisture. <p>Good to Know: 1 tablespoon = 1/2 ounce 1/2 cup = 4 ounces 1/2 cup = 8 tablespoons</p>
	<p>Turkey Bacon</p> <p>Serving Size: 1 pc 2.5g Fat 35 Calories 8mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • One piece only with breakfast for a “pop” to go with your egg-white omelet and tortilla.
	<p>Fresh Sliced Deli Turkey Breast</p> <p>Serving Size: 3 oz. 1.5g Fat 115 Calories 38mg Cholesterol 18.2g Protein</p>	<ul style="list-style-type: none"> • Get this at the Deli counter in your favorite supermarket, sliced fresh. • Try to avoid packaged turkey luncheon meats. • Great with on Dave’s Low-fat bread (see bread and grains) and Stonewall Kitchen New England Cranberry Relish (see condiments section) .





	<p>Turkey Breast</p> <p>Serving Size: 3 oz. 0.6g Fat 115 Calories 71mg Cholesterol 25.6g Protein</p>	<ul style="list-style-type: none"> • Most of the fat on a turkey is under the skin. Remove the skin prior to steaming, roasting, and braising or basting turkey breast. • Cook turkey in Chicken Broth keeps it moist.
	<p>Isernio's Breakfast Chicken Sausage</p> <p>Serving Size: 2 Links 2.5g Fat 90 Calories 60mg Cholesterol 14g Protein</p>	<ul style="list-style-type: none"> • Great for breakfast and also for dinner.
	<p>Turkey Jerky, Free Range</p> <p>Serving Size: 1 oz. 1g Fat 100 Calories 50mg Cholesterol 19g Protein</p>	<ul style="list-style-type: none"> • There are lots of different brands available. • Be sure to read the label for nutrition information. Some jerky may be high in fat, but Free Range Turkey Jerky usually contains the lowest amount of fat.
	<p>String Cheese, Low Moisture, Part Skim, Mozzarella</p> <p>Serving: 1 piece 2g Fat 50 Calories 10mg Cholesterol 7g Protein</p>	<ul style="list-style-type: none"> • A very satisfying, portion-controlled snack.
	<p>Non-Fat Plain or Vanilla Yogurt</p> <p>Serving: 4 oz. 0g Fat 100 Calories <5mg Cholesterol 10g Protein</p>	<ul style="list-style-type: none"> • Also great for baking; replace the recipe-stated amount of oil or butter with non-fat yogurt in any recipe. • Combine with fresh fruit for a healthy breakfast, lunch, snack or dessert.






	<p>Yoplait Greek Yogurt</p> <p>Serving: 1 container 150g 0g Fat 100 Calories <5mg Cholesterol 10g Protein</p>	<ul style="list-style-type: none"> • Just a note: You will not find a protein bar so high in protein that is fat-free that is less than 200 calories and contains less than 4 grams of fat. • Great with ½ of a sliced banana mixed in.
	<p>Chobani Greek Yogurt</p> <p>Serving: 1 container 150g 0g Fat 140 Calories 0mg Cholesterol 14g Protein</p>	<ul style="list-style-type: none"> • Great with ½ of a sliced banana or fresh pitted cherries mixed in.

WHOLE GRAINS

	<p>Basmati Rice</p> <p>Serving Size: 158g Cooked (1 Cup) 0.4g Fat 205 Calories 0mg Cholesterol 4.2g Protein</p>	<ul style="list-style-type: none"> • Great with ½ of a sliced banana mixed in.
	<p>Quinoa, Cooked</p> <p>Serving Size: 158g Cooked (1 Cup) 3.6g Fat 222 Calories 0mg Cholesterol 8.1g Protein</p>	<ul style="list-style-type: none"> • Good alternative to rice.
	<p>Barley, hulled or pearled</p> <p>Serving: 2 oz. uncooked 1.3g Fat 201 Calories 0mg Cholesterol 7.1 Protein</p>	<ul style="list-style-type: none"> • Note that serving size is uncooked. Barley triples in volume when cooked.
	<p>Oatmeal (prepared with Water)</p> <p>Serving: ½ Cup 3g Fat 150 Calories 0mg Cholesterol 5g Protein</p>	
	<p>Brown Rice</p> <p>Serving Size: 158g Cooked (1 Cup) 1.8g Fat 216 Calories 0mg Cholesterol 5g Protein</p>	

	<p>White Rice Serving Size: 158g Cooked (1 Cup) 0.4g Fat 205 Calories 0mg Cholesterol 4.3g Protein</p>	
	<p>Bob's Red Mill Rolled Spelt Flakes Serving: 1 Cup (2.8 oz) 0 g Fat 260 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Gluten free
	<p>Cream of Wheat Cereal Serving 3T with 1 ¼ C Fat Free Milk 0g Fat 220 Calories 0mg Cholesterol 4g Protein</p>	<ul style="list-style-type: none"> • Use Fat-Free Milk instead of 1% <p>Note: Using 1% Milk makes this meal contain 6 grams of fat.</p> <ul style="list-style-type: none"> • Add a tablespoon of Agave Nectar for sweetness
	<p>Kellogg's Crispix Serving: 1 Cup 0 g Fat 110 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Another Great Cereal • Put this cereal in a baggie; even without milk, it makes a great snack for work or on-the- go.
	<p>Kashi Autumn Wheat Serving: 29 Biscuits 1 g Fat 180 Calories 0mg Cholesterol 6g Protein</p>	<ul style="list-style-type: none"> • Put this cereal in a baggie; even without milk, it makes a great snack for work or on-the- go.






	<p>Kashi Indigo Morning Organic Whole Cornflakes with Dark Berries</p> <p>Serving: ¾ Cup 1 g Fat 180 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> Put this cereal in a baggie; even without milk, it makes a great snack for work or on-the-go. Light, crispy, and crunchy, with just a hint of sweetness, and a predominant corn flavor. They get soggy very quickly if you add milk.
	<p>Rice Chex Cereal</p> <p>Serving: 1 Cup 0g Fat 100 Calories 0mg Cholesterol 3g Protein</p>	<ul style="list-style-type: none"> Put a cup of cereal in a baggie, and eat half of it without milk as a snack when working or on-the-go.
	<p>Heart-Smart Bisquick</p> <p>Serving: 1/3 C 2.5g Fat 140 Calories 0mg Cholesterol 3g Protein</p>	<ul style="list-style-type: none"> Use to make zucchini pie with egg whites, zucchini, onions and celery and Fat free cream cheese.
	<p>Dave's 21 Whole Grains Thin-sliced 60-Calorie Bread</p> <p>Serving Size: 2 slices 2g Fat 120 Calories 0mg Cholesterol 6g Protein</p>	

	<p>Oroweat Jewish Rye Bread</p> <p>Serving Size: 2 slices 2g Fat 140 Calories 0mg Cholesterol 4g Protein</p>	
	<p>Mission Corn Tortillas</p> <p>Serving: 2 Tortillas 2 g Fat 140 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Great to wrap veggies or egg white omelets. To heat, spray one side of each with one quick shot of cooking spray, place in a small frying pan and cover. Flip frequently over medium low heat.
	<p>Canteca Lite Gold Homestyle Premium Flour Tortillas</p> <p>Serving: 1 Tortilla 0 g Fat 110 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Great to wrap veggies or egg white omelets. To heat, spray one side of each with one quick shot of cooking spray, place in a frying pan and cover. Flip frequently over medium low heat. • Available at Winco
	<p>Oroweat Healthy Multi-Grain Sandwich Thins</p> <p>Serving: 1 Roll 1 g Fat 100 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Great for sandwiches • Toast them for breakfast
	<p>Arnold Sandwich Thins® Rolls</p> <p>Serving: 1 Roll 2 g Fat 100 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Great for sandwiches • Toast them for breakfast

Beans		
	<p>Black-Eyed Peas (Cowpeas, Crowder, Southern)</p> <p>Serving: 1 Cup, boiled 0.9g Fat 200 Calories 0mg Cholesterol 13.3g Protein</p>	
	<p>Navy Beans</p> <p>Serving: 1 Cup, boiled 1.1g Fat 255 Calories 0mg Cholesterol 15g Protein</p>	
	<p>Red (or Pink) Beans</p> <p>Serving: 1 Cup, boiled 0.8g Fat 252 Calories 0mg Cholesterol 15.3g Protein</p>	
	<p>Lima Beans (Butter Beans)</p> <p>Serving: 1 Cup, boiled 0.7g Fat 216 Calories 0mg Cholesterol 14.7g Protein</p>	
	<p>Split Peas (Lentils)</p> <p>Serving: 1 Cup, boiled 0.8g Fat 231 Calories 0mg Cholesterol 16.3g Protein</p>	<ul style="list-style-type: none"> • Available in other colors, such as yellow, orange and beige. • Cooks quicker than beans and does not require soaking.





SEASONINGS & CONDIMENTS


	<p>Madhava Agave Nectar</p> <p>Serving: 2 tsp. 0g Fat 20 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> Put 1-2 tsp. in the bottom of glass of hot water because if you find it difficult to drink just water.
	<p>Stonewall Kitchen New England Cranberry Relish</p> <p>Serving: 2 Tbsp. 0g Fat 25 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> Great on Matzo or mixed in with fat-free yogurt. Makes a great side dip for chicken Great on a deli-turkey breast sandwich. Sometimes a bit hard to find. You may find it at Kohl's, TJ Max, Ross, or Pier One Imports or order on line from: www.stonewallKitchen.com
	<p>Smucker's Low Sugar Strawberry Jam</p> <p>Serving: 1 Tbsp. 0g Fat 25 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> Great on Matzo and can also be mixed in with yogurt. Makes a great side dip for chicken or turkey breast.
	<p>Smucker's Simply Fruit Black Raspberry</p> <p>Serving: 1 Tbsp. 0g Fat 40 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> This one is good because it contains no high fructose corn syrup.  <p>INGREDIENTS: FRUIT SYRUP, BLACK RASPBERRIES, LEMON JUICE CONCENTRATE, FRUIT PECTIN, NATURAL FLAVORS.</p>

	<p>Organic Cane Sugar</p> <p>Serving: 4g 0g Fat 15 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • Less expensive to buy in bulk at larger grocery stores • Use this in coffee and tea and sprinkle it over strawberries • Avoid artificial sweeteners (Sweet & Low, Stevia, NutraSweet, etc. as they tend to make you artificially hungry)
	<p>Newman's Own Black Bean and Corn Salsa</p> <p>Serving: 2 T 0g Fat 20 Calories 0mg Cholesterol 1g Protein</p>	<ul style="list-style-type: none"> • Use in place of dressing in salads • Use as a dip with Rice Crackers
	<p>Melinda's Peach and Mango Salsa</p> <p>Serving: 2 T 0g Fat 20 Calories 0mg Cholesterol 1g Protein</p>	<ul style="list-style-type: none"> • Use in place of dressing in salads • Use as a dip with Rice Crackers • Buy any Mango or Peach salsa – like at Winco, or Costco. It is always low-cal and fat-free.
	<p>Trader Joe's Roasted Red Pepper Spread with Eggplant and Garlic</p> <p>Serving: 2 Tablespoons 1g Fat 30 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • Great on Matzo. • Great as a dip using rice crackers for chips.
	<p>Mustard: Grey Poupon Dijon or Country Dijon</p> <p>Serving: 1 Tablespoon 0g Fat 15 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • All mustards are fat-free. • Use them to spice things up!

	<p>Hot Sauce (Tabasco or Tapatio)</p> <p>Serving: 1 tsp 0g Fat 0 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • Great with eggs or on white omelets. • Add to a pot of beans for spicy zest.
	<p>Asian Sriracha Sauce</p> <p>Serving: 1 Tablespoon 0g Fat 20 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • aka "rooster sauce" • Bright red, multi-purpose hot sauce made from red chili peppers, garlic, vinegar, salt, and sugar. • Hot and tangy with just a hint of sweetness. • Often served as a condiment in Thai, Vietnamese, and Chinese restaurants.
	<p>Seasoned Rice Vinegar</p> <p>Serving: 1 ounce 0g Fat 0 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • Great on cucumbers and salad.

SNACKS & DESSERTS

	<p>Matzos</p> <p>Serving: 1 piece 0g Fat 90 Calories 0mg Cholesterol 3g Protein</p>	<ul style="list-style-type: none"> • Use Matzo in Egg White omelets • Eat Matzo by itself or with jam. • A rather dry food, that goes really well with coffee or water.
	<p>Kellogg's Special K Cracker Chips</p> <p>Serving: 30 chips 2.5 g Fat 110 Calories 0mg Cholesterol 2g Protein</p>	<ul style="list-style-type: none"> • Use with Yogurt for Chips and Dip • Great with a salad • Great Alone • Lots of Flavors, but avoid those with Cheese due to higher fat
	<p>Kellogg's Special K Pastry Crisps</p> <p>Serving: 2 pieces (1pkg) 2g Fat 100 Calories 0mg Cholesterol 1g Protein</p>	<ul style="list-style-type: none"> • The only thing about these is that are gone in like 5 seconds and then you just consumed 2 grams of fat. So eat them slowly and thoughtfully, and be full present to really enjoy them.
	<p>Alpine Spiced Cider</p> <p>Sugar-free</p> <p>0g Fat 15 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • This is delicious beverage to warm you up and very simple. Requires only boiling water. • Have this at night, a couple hours after dinner, and it can feel like a treat.

	<p>Dreyer's Outshine Fruit bars – Frozen</p> <p>Serving: 1 bar 0g Fat 80 Calories 0mg Cholesterol 0g Protein</p>	<ul style="list-style-type: none"> • http://www.outshinesnacks.com/products/bars/ • Available in 13 flavors and variety packs. • They are really wonderful. • This is not your mother's Popsicle, OK?
	<p>Snack Factory Deli Style Pretzel Crisps</p> <p>Serving: 11 crackers (28 grams) 0g Fat 110 Calories 0mg Cholesterol 3g Protein</p>	<ul style="list-style-type: none"> • They come in 6 flavors; my two favorites are the Everything, and the Original. • Eat them alone or break up 6 of them onto the top of a salad for crunch. • Dip them into a Chobani Cherry Yogurt. Wonderful!
	<p>That's It Bars</p> <p>Serving: 1 Bar 0g Fat 100 Calories 0mg Cholesterol 1g Protein</p>	<ul style="list-style-type: none"> • Often available at the Health Plus office. • Six Flavors available
	<p>Quaker Caramel Corn Popped Rice Snacks</p> <p>Serving: 15 mini cakes 0.6g Fat 127 Calories 0mg Cholesterol 1.2g Protein</p>	