

snack ATTACK!

IT'S 3 P.M. THE VENDING MACHINE IS CALLING YOUR NAME. DO YOU KNOW THE RIGHT BUTTONS TO PUSH?

BAKED LAY'S POTATO CHIPS +
110 cal, 1.5 g fat (1 serving)

CHEETOS X'S & O'S -
560 cal, 38.5 g fat

PEPPERIDGE FARM CHESAPEAKE COOKIES -
230 cal, 13 g fat

CHIPS AHOY! (SNACK SIZE) +
200 cal, 9 g fat

NUTRI-GRAIN CEREAL BAR (BLUEBERRY) +
140 cal, 3 g fat, 1 g fiber

MOUNDS AND ALMOND JOY -
240 to 250 cal, 13 g fat, up to 11 g saturated fat

REESE'S PEANUT BUTTER CUPS -
250 cal, 14 g fat, 5 g saturated fat

KAR'S SALTED PISTACHIOS +
190 cal, 14 g fat, 2 g saturated fat, 3 g fiber

COMBOS (NACHO CHEESE) -
230 cal, 8 g fat

KEY

- DIET BUSTER
- + SMARTER SNACK



SUN CHIPS (FRENCH ONION) -
240 cal, 11 g fat

YORK PEPPERMINT PATTIES (KING-SIZE) +
160 cal, 3 g fat (1 serving)

FROSTED FLAKES +
120 cal, 0 g fat

HOSTESS CHERRY PIE -
470 cal, 22 g fat, 11 g saturated fat

MR. NATURE UNSALTED TRAIL MIX +
120 cal, 6 g fat, 1 g fiber (1 serving)

RING DINGS -
340 cal, 18 g fat, 7 g saturated fat

MILKY WAY LITE +
170 cal, 5 g fat

FIG NEWTONS +
200 cal, 4 g fat, 3 g fiber

LIFESAVERS +
140 cal, 0 g fat (whole roll)

HERSHEY'S SWEET ESCAPES (TRIPLE CHOCOLATE) +
160 cal, 5 g fat

M&M'S (MILK CHOCOLATE) -
240 cal, 10 g fat, 6 g saturated fat

ROLD GOLD PRETZEL THINS +
110 cal, 1 g fat (1 serving)