

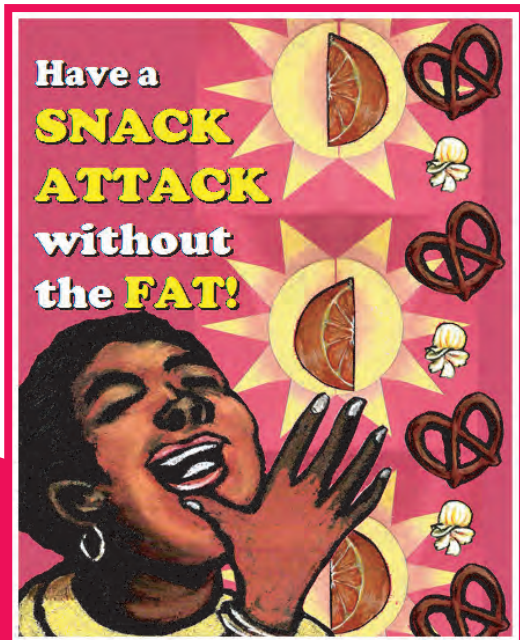
HEALTHY SNACKS CAN BE CHEAPER!



More than 3lbs of apples for \$3.29



1 bag of chips for \$3.29 (actually less than 1 pound)



FRUITS AND VEGGIES ARE FINE TO SNACK ON ANYTIME!

Make Lifelong Changes



One Step at a Time



VEGETABLES



FRUITS



PRETZELS



BAKED POTATO CHIPS



REGULAR POTATO CHIPS

1 bowl of whole grain cereal with 1% milk

| | |
|----------|---------|
| Calories | 162 |
| Fat | 3 grams |

1 medium apple

| | |
|----------|---------|
| Calories | 72 |
| Fat | 0 grams |

Pretzels (Unsalted)

| | |
|-------------------|--------|
| Calories | 110 |
| Calories from fat | 10 |
| Total Fat | 1 gram |
| Sodium | 82 mg |

Baked potato chips

| | |
|-------------------|-----------------|
| Serving size | 1 oz (11 chips) |
| Calories | 110 |
| Calories from fat | 15 |
| Total Fat | 1.5 grams |
| Sodium | 150 mg |

HEALTHIER SNACKS

Regular potato chips

| | |
|-------------------|-----------------|
| Serving size | 1 oz (20 chips) |
| Calories | 150 |
| Calories from fat | 50 |
| Total Fat | 10 grams |
| Sodium | 180 mg |