

# SNACK SMART!

A Guide to Help the Snack Attack

*ROLD GOLD® HEARTZELS*



Not only are they appealing because of their cute shape, but their first ingredient is whole-wheat flour. They're whole-grain rich and free of saturated fat!

*CHEETOS®  
FLAMING HOT PUFFS*



Compared to the original crunchy texture, you can save up to 70 calories per serving when you choose the puffs!

*DORITOS® RF*



Reduced fat and whole-grain rich? Yes! Only 5 grams of fat compared to its original that includes 8 grams and a whole lot more fiber. Enjoy this snack in all its yummy flavors!

*LAYS® OVEN BAKED CHIPS*



Even though Classic Potato Chips are a popular favorite, choosing the Oven Baked Chips can save you a load on calories and total fat.

## LOOK OUT FOR THE LABEL!



When choosing snacks, try to look out for the whole-grain label. Whole-grain items provide more fiber, vitamins and minerals that are essential for growing.