

Foods to Buy and Eat



www.HealthPlus.com
HealthPlusPortland@gmail.com
(503) 251-8876

5849 NE Sandy Blvd.
Portland, OR 97230

10700 Beaverton-Hillsdale Highway
Ste. 549
Beaverton, OR 97005

Foods to Buy & Eat

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

FRUIT		
	Fresh Apples Serving: 1 (2 ½" diameter) 0g Fat 53 Calories 0mg Cholesterol 0.3g Protein	<ul style="list-style-type: none">• Pre-cut fruit usually contains preservatives.• Frozen fruit has less nutritional value. <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.
	Bananas Serving: 1 (7" Long) 0.4g Fat 105 Calories 0mg Cholesterol 1.3g Protein	<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.
	Fresh Cherries Serving: 1 C (5.4 oz.) 0.3 g Fat 97 Calories 0mg Cholesterol 1.6g Protein	<ul style="list-style-type: none">• Great by themselves and on non-fat yogurt.
	Cantaloupe Serving: 1 small Cantaloupe Melon – 4 ¼" Diameter 0.75g Fat 150 Calories 0mg Cholesterol 3.7g Protein	<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.

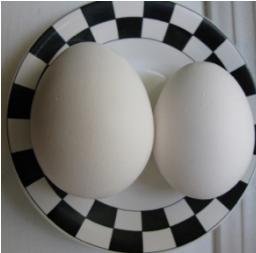
Vegetables		
	Asparagus Serving: (9) $\frac{1}{2}$ " Spears 0.3g Fat 30 Calories 0mg Cholesterol 3g Protein	<ul style="list-style-type: none"> • Steamed for 5-10 minutes.
	Bell Pepper Serving: 1 whole (6 oz.) 0g Fat 51 Calories 0mg Cholesterol 0g Protein	<ul style="list-style-type: none"> • Steam for 5-10 minutes. • Sauté in chicken broth with onions, garlic & mushrooms; serve over rice.
	Brussels Sprouts Serving: 1 C (88 grams), Cooked 0.3g Fat 38 Calories 0mg Cholesterol 3g Protein	<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.
	Cabbage Serving: $\frac{1}{2}$ Head - boiled 2.7g Fat 140 Calories 0mg Cholesterol 6.5g Protein	<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.
	Carrots Serving: (4) 1.6oz Each 0.3g Fat 64 Calories 0mg Cholesterol 1.4g Protein	<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 and 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 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 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 Serving: $\frac{1}{2}$ Cup 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) 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ of a sliced banana or fresh pitted cherries mixed in.

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

	<p>White Rice</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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: $\frac{3}{4}$ Cup 1g 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>Orowheat 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>Orowheat 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 tsps. 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 Maxx, 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. <div style="background-color: #e0e0e0; padding: 5px;"> INGREDIENTS: FRUIT SYRUP, BLACK RASPBERRIES, LEMON JUICE CONCENTRATE, FRUIT PECTIN, NATURAL FLAVORS. </div>

	<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 Sugar-free 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>	