

Snack Smart!

Print off this handy snack cheat sheet for a convenient quick reference of common snacks and their **SmartPoints®** value.

Remember, most fruits and vegetables are 0 SmartPoints® so be sure to keep a stash close by.



Salsa	2 tbsp
Pickle	1 pickle
Grapes	1 cup



Pretzels	10 mini sticks
Pumpkin seeds	2 tbsp
Low fat chocolate	1 oz



Popcorn	(2 cups plain – air popped)
Vegetable chips	1/3 cup
Hard boiled egg	1
Miso soup	1 cup
Hummus	2 tbsp



Dried cranberries	2 tbsp
Edamame	1 cup
Peanut butter	1 tbsp



Cheese	1 oz
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Peanuts	3 tablespoons
Tortilla chips	15 chips
Avocado	1/2 avocado



Trail mix	1/4 cup
Sunflower seeds	1/4 cup