



## Healthification



# Super Bowl Snack Comparisons

Instead of...	Score	Try this...	Score
<b>Dips</b>			
Kraft Refrigerated French Onion Dip 8 oz	20	Cedar's Roasted Red Pepper Hummus	61
<b>Crackers</b>			
Nabisco Ritz Regular Crackers	13	Nabisco Triscuit Hint of Salt Crackers	38
<b>Frozen Chicken Appetizers</b>			
Tyson Any'tizers Honey BBQ Boneless Wings 10 oz	25	MorningStar Farms Veggie Chik'N Nuggets -	31
<b>Tortilla Chips</b>			
Tostitos Original White Corn Tortilla Chips	23	Garden of Eatin No Salt Added Blue Corn Tortilla Chips	52
<b>Salsa</b>			
Green Mountain Gringo Regular Medium Salsa	9	Newman's Own Black Bean and Corn Salsa	48
<b>Meat</b>			
90% Lean Ground Beef	30	Skinless Turkey Breast	48
<b>Rolls</b>			
Sara Lee Sesame Seed Bakery Buns	7	Aunt Millie's Hearth 7 Grain Hamburger Buns	35
<b>Beverage</b>			
Classic Coca-Cola	1	Unsweetened Lipton Instant Tea Decaffeinated	54