

SMART SNACKING

Movie Munching Tips

(NAPSA)—Who doesn't love the movies? Everyone feels like a kid at the concession counter looking for the perfect treat. With a little simple planning, you can enjoy the action on screen while avoiding the fear of an expanding waistline.

“Whether you crave something chewy, sweet, sour or chocolaty, there's always a better-for-you option,” says Registered Dietitian Julie Upton, MS, RD, co-founder of www.AppforHealth.com, a leading resource for nutrition information provided exclusively by nutrition professionals.



Snacking strategies: Enjoy movie treats without the high fat and calories by switching from greasy popcorn to smarter options.

- Drink water instead of sugary sodas to avoid extra empty liquid calories.

- Opt for dark chocolate-covered nuts or fruit. Nuts and raisin snacks are nutrient rich and dark chocolate provides antioxidants and health benefits.

- For a “fruitier” chew, consider Welch's Fruit Snacks. They contain real fruit and 100 percent of the recommended daily intake for vitamin C.

- Always check the serving size on the package and share when the package is oversized.

Now, sit back and enjoy the show.