

# Heart-Healthy Snacks: An Easy Choice

Developed by Elaine Bowen, West Virginia University Extension Specialist, 2006

Foods and drinks offered at **Love Your Heart Talks** should be heart-healthy choices!  
If you plan refreshments, consider these easy suggestions:

## Drinks



Chilled water with slices of lemon, lime,  
and orange  
Herbal teas  
Decaffeinated coffee  
Sugar and caffeine-free sodas  
Sparkling water  
Cranberry juice cocktail mixed with  
club soda

## Foods

Fresh fruits  
Fresh vegetables  
Angel food cake with fresh berries  
Popcorn, lightly seasoned  
Pretzel and nut mix  
Sugar-free pudding made with skim milk  
Low-fat crackers and fat-free cream cheese  
Sugar and fat-free yogurt and fruit parfaits

## Compare the Nutrition Facts

Look at the differences between some popular snacks and the heart-healthy snack suggestions.  
Compare the calories, fat, sugars, vitamins, calcium and fiber.

<i>Popcorn vs. Chocolate Chip Cookies</i>					
 Popcorn (Plain) Serving Size 1 cup (8 g)			<i>OR</i>  Chocolate Chip Cookie Serving Size 1 cookie (15 g)		
Amount Per Serving			Amount Per Serving		
Calories	30		Calories	70	
Calories from Fat	5		Calories from Fat	30	
Total Fat	0 g	0%	Total Fat	5 g	6%
Saturated Fat	0 g	0%	Saturated Fat	1 g	6%
Cholesterol	0 mg	0%	Cholesterol	5 mg	2%
Sodium	0 mg	0%	Sodium	50 mg	2%
Total Carbohydrates	6 g	2%	Total Carbohydrates	10 g	4%
Sugar	.73 g		Sugar	12 g	
Dietary Fiber	1 g	4%	Dietary Fiber	.9 g	0%
Protein	1 g	2%	Protein	0 g	0%
Vitamin A	0%		Vitamin A	0%	
Vitamin C	0%		Vitamin C	0%	
Calcium	0%		Calcium	0%	
Iron	0%		Iron	2%	

## Cranberry Juice vs. Soda Pop



### Cranberry Juice Cocktail

Serving Size: 8 oz. (Juice 27%)

OR



### Soda Pop

Serving Size: 1 can (12.2 fluid oz.)

Amount Per Serving			Amount Per Serving		
Calories	130		Calories	146	
Calories from fat	30		Calories from Fat	0	
Total Fat	0 g		Total Fat	0 g	0%
Trans Fat	0 g		Saturated Fat	0 g	0%
Cholesterol	0 g		Cholesterol	0 mg	8%
Sodium	35 mg		Sodium	30 mg	2%
Total Carbohydrates	33 g		Total Carbohydrates	40 g	14%
Sugar	33 g		Sugar	40 g	
Dietary Fiber	0 g		Dietary Fiber	0 g	0%
Protein	0 g		Protein	0 g	0%
Vitamin A	0%		Vitamin A	0%	
Vitamin C	100%		Vitamin C	0%	
Calcium	0%		Calcium	0%	
Iron	2%		Iron	0%	

## Pretzels vs. Potato Chips



### Pretzels

Serving Size 1 bag (6 oz) (170 g)

OR



### Potato Chips

Serving Size 1 bag (1 oz)

Amount Per Serving			Amount Per Serving		
Calories	110		Calories	150	
Calories from Fat			Calories from Fat	90	
Total Fat	1 g	2%	Total Fat	10 g	15%
Saturated Fat	0 g	0%	Saturated Fat	1 g	5%
Cholesterol	0 mg	0%	Cholesterol	0 mg	0%
Sodium	300 mg	13%	Sodium	180 mg	7%
Total Carbohydrates	23 g	8%	Total Carbohydrates	15 g	5%
Sugar	0 g	0%	Sugar	0 g	0%
Dietary Fiber	0 g	0%	Dietary Fiber	1 g	4%
Protein	3 g	25%	Protein	2 g	
Vitamin A	0%		Vitamin A	0%	
Vitamin C	0%		Vitamin C	10%	
Calcium	0%		Calcium	0%	
Iron	0%		Iron	2%	