

# Salty snacks for 100 calories or less

BY MELISSA DALY

**GOT A BAD CASE OF THE MUNCHIES?** These low-cal and surprisingly low-sodium snacks let you get your crunch on without retaining more water than the Hoover Dam.

## Fit Tip

Per USDA guidelines, keep your sodium intake under 2,300 milligrams a day to reduce your risk of high blood pressure.

**GLENNY'S SOY CRISPS, SALT AND PEPPER FLAVOR** (about 1/2 bag) 70 calories, 1 g fat, 190 mg sodium

Anytime we can eat a half a bag of something without guilt, we're happy. When we also get 20 percent of the 25 grams of soy protein recommended per day to lower cholesterol, we're ecstatic. Try Cheddar, Barbecue and even Fancy Fudge flavors as well.

**PUMPKIN SEEDS IN SHELL, DRY-ROASTED WITH A DASH OF TABLE SALT**

(1/2 cup) 71 calories, 3 g fat, 247 mg sodium

Save some after carving out your jack-o'-lantern or just buy 'em from the store—either way, they're packed with protein, iron and magnesium, which aids calcium absorption.

**GUILTLESS GOURMET SPICY BLACK BEAN TORTILLA CHIPS** (13, with 2 tablespoons salsa) 88 calories, 1.3 g fat, 342 mg sodium

Bored with regular baked tortilla chips? Scoop your salsa (full of cancer-fighting lycopene) with something a little more flavorful.

**EDAMAME** (1/2 cup in shell with a dash of coarse salt) 90 calories, 4 g fat, 168 mg sodium  
Whole green soybeans eaten

out of the pod are a great source of cholesterol-lowering soy protein. A half-cup serving provides three grams of fiber and seven and a half grams of protein, plus a little calcium, iron and vitamin C.

**REDUCED FAT TRISCUITS** (6) 98 calories, 2 g fat, 135 mg sodium

These whole-grain crackers offer a bonus three grams of fiber to keep you feeling full until dinner. (And you'll never detect the difference between the regular and reduced-fat versions.)

**MCCAIN 5 MINUTE FRIES** (19, with 1 tablespoon ketchup) 99 calories, 3 g fat, 310 mg sodium

Trans fat-free and made-to-order in your oven, these beat droopy fast-food fries any day.

**PRINGLES 100 CALORIE PACK POTATO CRISPS** (1 package) 100 calories, 6 g fat, 110 mg sodium

Everyone knows: Once you pop, you can't stop. So grab a preportioned 100-calorie container instead of the standard, full-size tube for binge pre-

**SNYDER'S OF HANOVER SOURDOUGH HARD PRETZELS** (1 ounce) 100 calories, 0 g fat, 240 mg sodium

Okay, so they don't count toward your daily whole-grain servings, but they're naturally fat-free and they'll satisfy even the worst case of stress-induced munchies.

**POP SECRET-LIKE BUTTER PREMIUM MICROWAVE POPCORN** (5 cups) 100 calories, 4 g fat, 242 mg sodium

It's got more flavor than the 94 percent fat-free kind, and you can still scarf down nearly half of a 12-cup bag! You'll also get three grams of heart-healthy fiber.

An open bag is the enemy: Portion out the serving sizes listed above and put the rest away.

