



በገጽ ላይ ስኬት ለማድረግ Healthy Snacks

ምሽት ምሽት ምሽት Choose Lower Fat Dips



ጋጋጋ ልጅ ምሽት ምሽት
 Salsa

ምሽት ምሽት
 Traces of fat
 4 ርዕሰ ምሽት / calories



ምሽት ምሽት ምሽት
 Light Ranch Dressing

3 ልጅ ምሽት ምሽት
 grams of fat
 38 ርዕሰ ምሽት / calories



ምሽት ምሽት ምሽት
 Reduced Fat Mayo

5 ልጅ ምሽት ምሽት
 grams of fat
 46 ርዕሰ ምሽት / calories



ምሽት ምሽት
 Ranch Dressing

9 ልጅ ምሽት ምሽት
 grams of fat
 83 ርዕሰ ምሽት / calories



ምሽት ምሽት
 Mayonnaise

11 ልጅ ምሽት ምሽት
 grams of fat
 102 ርዕሰ ምሽት / calories



ምሽት
 Lard

13 ልጅ ምሽት ምሽት
 grams of fat
 117 ርዕሰ ምሽት / calories

* ልጅ ምሽት ምሽት
 * Serving amount 1 tablespoon per dip

በገጽ ላይ ስኬት ለማድረግ Move on up to HEALTHIER SNACKS!



ምሽት ምሽት
 Potato Chips

50g (36 ምሽት ምሽት)
 50g (36 chips)
 280 ርዕሰ ምሽት
 280 calories,
 18 ልጅ ምሽት ምሽት
 18g of fat



ምሽት ምሽት
 Crackers

20g (15 ምሽት ምሽት)
 20g (15 crackers)
 100 ርዕሰ ምሽት
 100 calories,
 4.5 ልጅ ምሽት ምሽት
 4.5g of fat



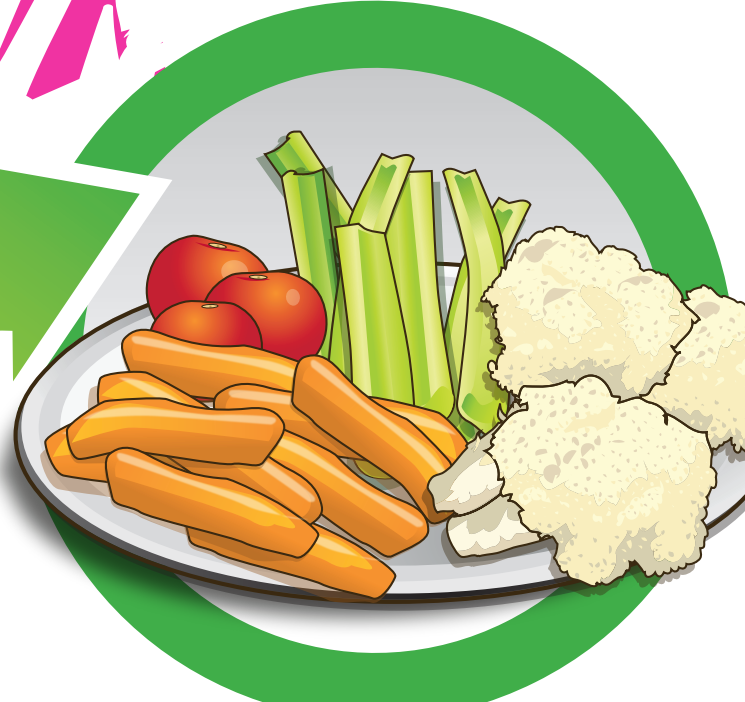
ምሽት ምሽት
 Caribou Jerky

28g ምሽት ምሽት
 28g serving
 76 ርዕሰ ምሽት
 76 calories,
 1 ልጅ ምሽት ምሽት
 1g of fat



ምሽት ምሽት
 Fruit

1 ልጅ ምሽት ምሽት
 1 Medium Apple
 72 ርዕሰ ምሽት
 72 calories,
 0 ልጅ ምሽት ምሽት
 0g of fat



ምሽት ምሽት
 Vegetables

ልጅ ምሽት ምሽት
 ምሽት (85g)
 Baby Carrots (85g)
 38 ርዕሰ ምሽት
 38 calories
 0 ልጅ ምሽት ምሽት
 0g of fat



ምሽት ምሽት ምሽት ምሽት ምሽት



Get More Active and Take the Pedometer Challenge!

Don't get left behind! Sign up here to receive your free pedometer. Win prizes for walking!

በገጽ ላይ ስኬት ለማድረግ ምሽት ምሽት ምሽት

ምሽት ምሽት ምሽት ምሽት ምሽት
 ምሽት ምሽት ምሽት ምሽት ምሽት

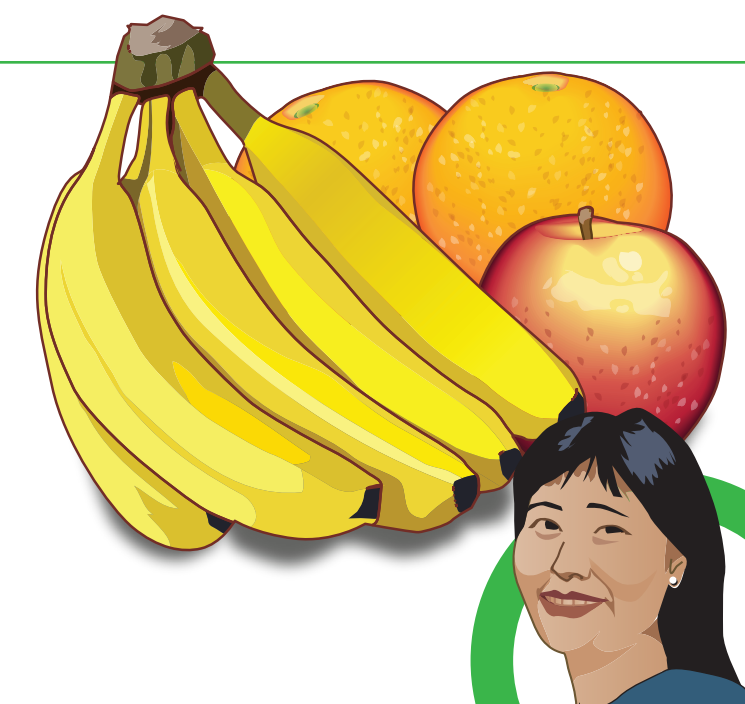
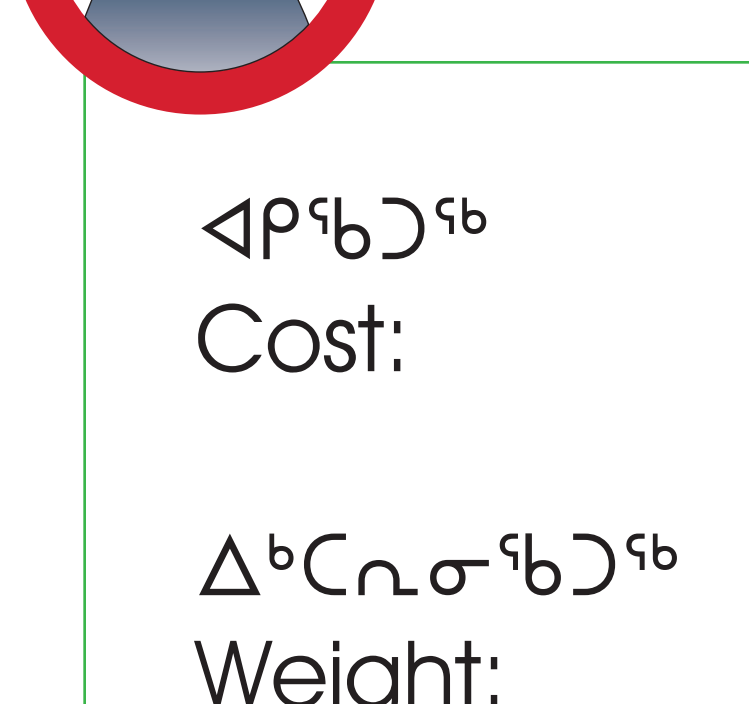
Healthy Snacks Can be Cheaper

Eating healthy can be good for you, and also more affordable...



ምሽት ምሽት
 Cost:

ምሽት ምሽት ምሽት
 Weight:



ምሽት ምሽት
 Cost:

ምሽት ምሽት ምሽት
 Weight:



Nirittiarit, inuukhaarit, aallanut atuqulugu
Eat Well, Live Long, Pass it on



Nakuutqiat niqautit *Healthy Snacks*

Pilluaklugit urhuitut mihuraat

Choose Lower Fat Dips



Uunaqtuq mihuraaq

Salsa

Urhuqaqtuq
Traces of fat
4 calories



Urhuqaqluangituk mamaqut Ranchmik qaplunaatut taivagait.
Light Ranch Dressing

3 uqumailitaanga urhup
grams of fat
38 calories



Urhuiaqtauvyaghimayuq Mayo
Reduced Fat Mayo

5 uqumailitaanga urhup
grams of fat
46 calories



Ranchmik qaplunaatut taivagait mamaqut
Ranch Dressing

9 uqumailitaanga urhup
grams of fat
83 calories



Mayonnaise

11 uqumailitaanga urhup
grams of fat
102 calories



Iggat Lard

13 uqumailitaanga urhup
grams of fat
117 calories

Nirinahuakpaglutin naguuyunik!

Move on up to HEALTHIER SNACKS!



Patiita sips
Potato Chips

50g (36 sips)
50g (36 chips)
280 calories,
18 uqumailitaanga urhup
18g of fat



Hiqulauyat
Crackers

20g (15 Hiqulauyat)
20g (15 crackers)
100 calories,
4.5 uqumailitaanga urhup
4.5g of fat



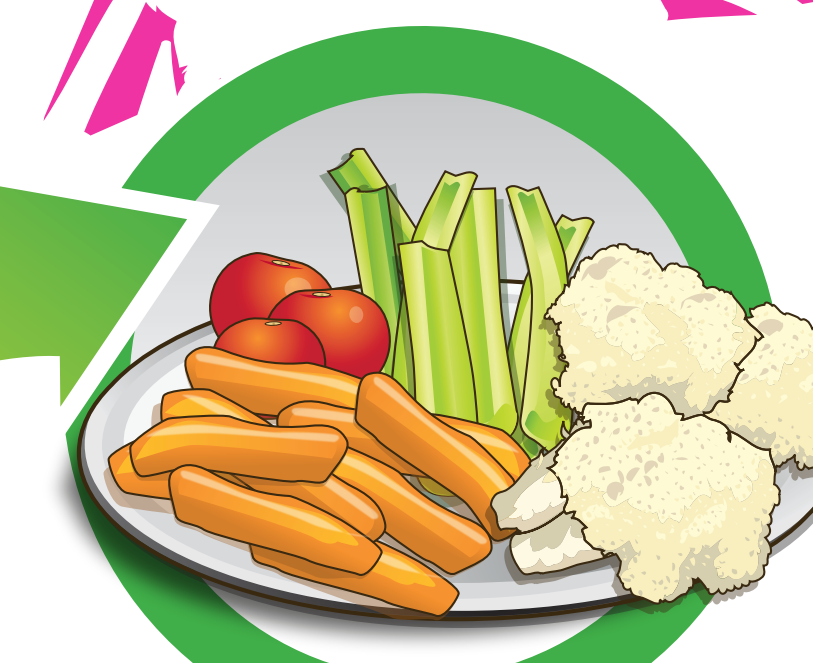
Mipku
Caribou Jerky

28g Atauhiq nirhiut
28g serving
76 calories,
1 uqumailitaanga urhup
1g of fat



Ahiat
Fruit

1 Angivyaktuq aapu
1 Medium Apple
72 calories,
0 uqumailitaanga urhup
0g of fat



Nunami
nauhimayut niqit
Vegetables

Mikannuit mahuit (85g)
Baby Carrots (85g)
38 calories
0 uqumailitaanga urhup
0g of fat



Huliqataqpallirlutit uukturlugulu akittaqutiuni pihungnikkut



Qimaktittailutin! Atiliurit hamunga akiitumik piyaangni alruyaqtuqumik pihuunmik!

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Akikitqiyauliqaqtut naguuyut niqautit

Nirivakkuvit naguuyunik niqainnangnik naguuyua, akituluangitkiblunilu niuviriarni niqinik.

Healthy Snacks Can be Cheaper

Eating healthy can be good for you, and also more affordable...

Akia Cost:

Uqumailitaanga Weight:

Akia Cost:

Uqumailitaanga Weight:

Nakuutqiat niqautit

Healthy Snacks



* Atauhingmik aluunmut mihuraamit nirhiut
 * Serving amount 1 tablespoon per dip