

# Trade junk food & sweets for tasty, healthier treats!

Smart snacking = a healthier you!

## 2 large cookies vs. 3.5 cups of air popped pop corn



161 calories, 8g fat, 12g sugar



110 calories, 1.3g fat, 0g sugar

## 2 toaster pastries vs. whole grain pita with hummus



424 calories, 11g fat, 23.6g sugar



216 calories, 4.4g fat, 0.6g sugar

## bag of candy vs. medium apple



249 calories, 3g fat, 47g sugar



72 calories, 0.3g fat, 14g sugar



Fairfax County Health Department  
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