

Salty, satisfying crunch!

We're getting our munch on with sea salt-infused treats that rev metabolism

Sorry, Snowball—a big bowl of salty snacks is our preferred couch buddy during a Friday-night Netflix fest. But the heaping helping of bloat-inducing sodium (not to mention the extra fat and flavorings) we get when we chomp away has led to many a “my jeans must have shrunk in the dryer” Saturday morning. We’ve tried reduced-sodium fare, but it tastes like cardboard—and somehow just makes us want *more* salt. That’s all history now, though, since we discovered an upgrade that leaves us satisfied and slim: sea salt! This natural wonder lends a zippy taste to snacks while packing less sodium. Plus, it contains trace minerals such as magnesium and manganese that actually help speed metabolism. Here, three cravable sea-salted crunchers that belong in your prime-time lineup.



SUPER SWITCH FOR A PRETZEL STICK

WE'RE HIP TO THIS TORTILLA CHIP

THE PERFECT CHOICE FOR POPPIN'

Sometimes our craving...

...always joked that Tostitos Hint of Lime Tortilla Chips were positively addictive—and it turns out we were right: In addition to salt and lime, these chips contain MSG, an additive that has been shown to reprogram the brain to crave more and more. That's why science solved the mystery of why we so often went way over our portion (and its 150 calories) without realizing it. Now we're digging for alternatives. Should Taste Good Lime Tortilla Chips (\$3 for 6 oz., at Target, Wal-Mart, Fred Meyer and Kroger) are a good choice: They have no MSG and half the sodium of the big brand, but they still have a kick of citrus-and-salt flavor. Plus, they're gluten-free. If we need it, we need some salsa....

Who knew an innocent bag of popcorn could have other weird ingredients besides UBT (unidentified buttery topping)? We're talking about TBHQ, a preservative in some brands that is carcinogenic in large amounts. We know we don't consume the pounds of popcorn that scientists say it would take to harm health, but we prefer to avoid the risk entirely (along with the 870 mg of sodium and 60 fat calories in each 3-cup serving in brands like Orville Redenbacher's). So now we're savoring TBHQ-free Popcorn, Indiana Sea Salt Popcorn (\$5 for 10.5 oz., at Walgreens, Costco and Kroger stores). With around one-quarter the sodium, this fresh snacker is proof it doesn't take chemicals and fakey flavors to make amazing popcorn. Pop to it!

First for women

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WALK OFF 47 LBS
by Memorial Day

BURN FAT 4X FASTER
New walking techniques
1 brilliant diet tweak

FEEL GREAT!
✓ Nonstop sniffles
✓ Restless sleep
✓ Urinary troubles
✓ Heartburn

NO MORE BODY WORRY
✓ Arm jiggle ✓ Varicose veins
✓ Saggy bust ✓ Ingrowns
✓ Cellulite ✓ Double chin

PRETZELS
Sticks & Twigs

WALK OFF 47 LBS
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You may be reactive to your cell phone. Outsmart it this way.

STRESS SOLVERS
101 smart fixes for your home, yard, garage, car & more!

WALK OFF 47 LBS
by Memorial Day

FEEL GREAT!
✓ Nonstop sniffles
✓ Restless sleep
✓ Urinary troubles
✓ Heartburn

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PICK IT!	SKIP IT!	PICK IT!
Tostitos Restaurant Style Hint of Lime Tortilla Chips	Orville Redenbacher's Old Fashioned Popcorn	Popcorn, Indiana Sea Salt Popcorn

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