



## SHAPE'S 2<sup>ND</sup> ANNUAL BEST SNACK AWARDS

### WHAT DEFINES A HEALTHY SNACK?

In order to be considered *Shape*-worthy, the winning products had to meet these nutritional criteria:

- > Have 200 calories or less per serving
- > Contains 0 grams of artery-clogging trans fat and be low in saturated fat
- > Have no more than 400 milligrams of sodium (we made an exception for the soup, as it could be a mini meal)
- > Offer nutritional extracts, like portion-controlled packs, whole grains, or additional vitamins and minerals.

### Popcorn Indiana Aged White Cheddar Kettlecorn

(160 CALORIES 11 G FAT FOR 2 1/2 CUPS)

Even after taste testing was finished, staffers kept asking for extra samples of this cheese popcorn. "For something so light, it's got an incredibly rich, full flavor," said one. "I was tempted to lick my fingers afterward!"