



**Popcorn,
Indiana Gourmet
Kettlecorn in
Cinnamon Sugar
(130 CALORIES, 5 G
FAT FOR 2 1/2 CUPS)**

Testers raved about this salty-sweet popcorn. When asked if she'd recommend the treat, one replied: "Only if I can stop eating it long enough to talk." We took that as a yes. (\$4 for an 8 oz. bag)



SNACK YOUR WAY SLIM

You can have chips, cookies, and cake—and still lose weight. We found the 30 healthiest, tastiest treats, all under 200 calories! **BY JENNA AUTUORI**

Over the past few months, the *Shape* offices have looked more like a supermarket than a workplace. We've been nibbling our way through the newest snacks to unearth the most delectable and nutritious picks. Not only did our winners meet our rigorous nutrition standards (see below), but

they scored points for flavor, texture, and satisfaction. To help you find the best bites for your diet, we've divided them into three groups: under 100, 150, and 200 calories. The result: With 30 treats to choose from, the real winners are your taste buds—and your waistline. Let the munching begin!

WHAT MAKES A PRODUCT SHAPE-WORTHY?

- ✓ 200 calories or less
- ✓ 0 grams of trans fat and no more than 3.5 grams of saturated fat
- ✓ No more than 400 milligrams of sodium
- ✓ No high-fructose corn syrup
- ✓ Calorie-controlled portions, whole grains, little added sugar, gluten-free, and extra vitamins or minerals all got special consideration