

# MAKE THE HEALTHY CHOICE FOR SNACKS

**Unhealthy**



**Cheese Dip (½ cup)**

It would take a 30-minute walk to burn off the calories in ½ cup of cheese dip. That's 22 minutes longer that it would take to burn off the calories in the same amount of salsa.

**160** Calories

**Healthy**



**Salsa (½ cup)**

Of course you'll need something to eat your salsa with. When you include baked tortilla chips (120 calories for about 15 chips), you'll consume the same amount of calories as the cheese by itself.

**40** Calories