

Hungry?

Reach for these
incredibly low-fat food pairs
at snack time.



A Fresh Plate

1 cup of grapes has 2% fat. Add some slices of fat-free cheese for extra protein to fill you up.

A Tangy Treat

1 cup of fresh cranberries has 0% fat. Add to fat-free yogurt for a real treat.

A Fiber-Filled Snack

1 cup of cauliflower only has 3% fat and will give you nearly 10% of your recommended fiber for the day. Dip it in fat-free ranch dressing for a filling snack.

A Sweet Snack

1 cup of cherries has only 3% fat. Topped with fat-free whipped topping, it becomes a low-fat snack that seems too good to be true.

A Portable Nutritional Powerhouse

Mix 14 dried apple rings, 1/3 cup dried blueberries and 10 dried apricot halves for a nut-free trail mix with only 2% fat.

A Hearty Snack

A fat-free flour tortilla topped with 1 cup black beans and a sprinkling of fat-free cheese weighs in at just 3% fat.

A Guilt-Free Indulgence

Try a diet root beer float by adding fat-free vanilla ice cream for a dessert that has zero fat, yet tons of flavor.