

Target In On Fat: *Party Snacks*

Compare the fat content of the party snacks below. Keep your daily fat budget in mind when you choose the kind and amount of party snacks you eat. Note: Even low-fat snacks become high in fat if you eat them with fatty dips or spreads. Instead, use salsa, fruit sauces, or low-fat dips made with beans, nonfat yogurt or nonfat cream cheese. (For the highest fat items, fat grams are given in parentheses to show the range.)

