

◆ **Sexy Shoulders in Just 10 Minutes** ◆

SHIMMER

SHAPE
YOUR LIFE

20 Minutes to

Flat Abs!

REALITY STAR

*Audrina
Patridge*

ON LOOKING
THIS HOT
IN THE HEAT

Blast

500

Calories
at Work p104

20

TASTY,
LOW-CAL SNACKS

*
**Ice Cream,
Chips &
More**

40+

BEAUTY TIPS TO

**Get Gorgeous From
Head to Toe!**

Sculpt a
**Tight
Tush
Fast**

One Simple Move



salty



• **Lance Garden Vegetable Cracker Creations**
(150 calories, 8g fat for 2 crackers)
Made with real cream cheese and veggies, these are “like a high-end version of the orange-colored sandwich crackers I ate as a kid,” said one tester. They’re healthier too: Each two-sandwich serving boasts 5 grams of whole grains. (\$3 for a box of 12)



• **Food Should Taste Good White Cheddar Tortilla Chips**
(140 calories, 7g fat for 9 chips)
“Who knew that something made with flax could be so yummy?” asked a staffer. The secret: The omega-3-rich seeds—plus four kinds of whole grains—are blended with sharp cheddar cheese and tangy buttermilk. (\$3 for a 5.5-oz bag)



• **Kettle Brand Sea Salt & Vinegar Baked Potato Chips**
(100 calories, 2.5g fat per bag)
Forget fried potato chips—these have 65 percent less fat but “the same hearty crunch and mouth-puckering effect,” said one taster. “And they’re a lot less greasy.” (\$16 for 18 bags)



• **Popcorn, Indiana Sea Salt Chip'ins**
(120 calories, 2.5g fat for 20 chips)
“I love that these are made with just three ingredients: corn, sunflower oil, and sea salt,” gushed one fan, “and that I can pronounce every one!” Testers also appreciated the extra crispy texture of these popped (not baked) chips. (\$4 for a 7.25-oz bag)



• **Snack Factory Sesame Pretzel Crisps**
(110 calories, 1.5g fat for 11 crisps)
With about half the sodium of most twists, these pretzel crackers pleased even the pickiest snackers. “My husband devoured them, and he usually won’t eat anything with ‘all-natural’ on the package,” said a staffer. (\$4 for a 7.2-oz bag)

crunchy



These also come in dark chocolate and mint dark chocolate.

• **Blue Diamond Butter Toffee Oven Roasted Almonds**
(160 calories, 12g fat for 24 almonds)
“These are addictive!” said one taster. Besides being high in protein, fiber, and vitamin E, the nuts got praise for their portion-control packaging. “The ounce markers on the side kept me from scarfing down the entire container.” (\$4 for an 8-oz canister)



• **Kashi Berry Blossoms**
(100 calories, 1g fat for ¾ cup)
No need to dig to the bottom of the box to find a prize—just flip it over and read the ingredients: seven whole grains and dried strawberries, blackberries, and blueberries. “It tastes like kids’ cereal but has only 7 grams of sugar,” said one tester. (\$4 for a 10.5-oz box)



• **Sensible Portions Sweet Barbecue Potato Straws**
(130 calories, 7g fat for 38 straws)
Enjoy the smoky-sweet flavor of barbecue potato chips for 30 percent less fat. Said one staffer: “These are so good, I felt like I was being bad by eating them.” Others raved about the big portion size. (\$3 for a 7.2-oz bag)



• **Tostitos Artisan Recipes Roasted Garlic & Black Bean**
(140 calories, 7g fat for 8 chips)
While regular corn chips contain just one kind of grain, these have nine, including rye, barley, and millet. They’re strong enough to stand on their own, but “they’d also be great with hummus or salsa,” said a tester. (\$4 for a 9.75-oz bag)



• **Snackwell's Fudge Drizzled Caramel Popcorn**
(130 calories, 3g fat per bag)
“Between the brown sugar glaze and milk chocolate ribbon, this caramel corn tasted more indulgent than versions with twice as many calories,” said one tester. (\$3 for 5 bags)