

Quick Tip »



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The chips that satisfy without wrecking the waistline.

If you're looking for the satisfying crunch of chips but don't want the added fat, salt, and calories try apple chips instead. Apple chips are lower in calories, fat free, and low sodium making them a perfect guilt-free snack with a crunch. Look for apple chips that don't have any added sugar (i.e. original flavor) for an even better choice. You should only have to watch the game, not your waistline!

