

SUNLAND



SMART EATING 101
Best Snack 2007
 - Shape December 2007



smart eating 101

creamy

- 1 Sunland Banana Peanut Butter Spread**
 (180 CALORIES, 13 G FAT FOR 2 TBSP.)
 Skip the high-sugar jelly—this vitamin E-packed spread gets its sweetness from real bananas. “I used to put peanut butter on sliced bananas, but this is a lot less messy,” says one taster. “It’s good on crackers too.” (\$4 for a 12-oz. jar)
- 2 Dunkin’ Donuts Tropical Fruit Smoothie**
 (100 CALORIES, 3.5 G FAT FOR 16 OZ.)
 No glazed roller is going to give you 100 percent of your vitamin C for the day along with a quarter of your calcium. And the taste? “The texture is “island-worthy.” (\$3 for a small)
- 3 Stonyfield Farm 2-in-1 Yogurt**
 (100 CALORIES, 0 G FAT FOR 5.3 OZ.)
 Each carton of this fruity, fat-free yogurt contains 500 milligrams of calcium, so it takes just two servings to meet your daily calcium needs. Says one staffer: “The texture is smooth and light.” (\$3 for a 6-oz. container)
- 4 Pacific Organic Creamy Tomato Light Sodium**
 (100 CALORIES, 3.5 G FAT FOR 5.3 OZ.)
 “Cutting back on the salt made the tomato flavor more prominent,” says one taster. The soup comes in a shelf-stable container with a spoon so you can use the amount you want and refrigerate the rest. (\$3 for a 3.2-oz. carton)
- 5 Julie’s Organic Mandarin Sorbet Bars**
 (100 CALORIES, 0 G FAT FOR 3 BARS)
 “You’d swear these pops were made with ice milk or frozen yogurt, but they’re dairy-free! A special European manufacturing process delivers the smooth texture.” If you love Creamicles, you’ll love one of these. (reel a taster. (\$4 for a box of 4)

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