

# Unhealthy

# Healthier Option

 <p>Flamin Hot Cheetos Serving Size: 1 ounce Calories: 170 Fat: 11grams</p>	 <p>Carrots &amp; Ranch Snack Pack Serving Size: 1 Snack Pack Calories: 70 Fat: 5 grams</p>
 <p>Sunny Delight Serving Size: 8 ounces Calories: 120 Sugar: 27 grams</p>	 <p>Water Serving Size: 8 ounces Calories: 0 Sugar: 0 grams</p>
 <p>Coca Cola Serving Size: 20 ounce bottle Calories: 240 Sugar: 65 grams</p>	 <p>Fat Free Milk Serving Size: 1 cup Calories: 90 Sugar: 12 grams</p>
 <p>Chocolate Chip Ice Cream Serving Size: 0.5 cup Calories: 170 Fat: 9 grams</p>	 <p>Light Vanilla Yogurt Serving Size: 6 ounces Calories: 110 Fat: 0 grams</p>
 <p>Blueberry Muffin Serving Size: 1 muffin Calories: 360 Fat: 16 grams</p>	 <p>Cereal Bar Serving Size: 1 bar Calories: 120 Fat: 3 grams</p>
 <p>Cheese Crackers Serving Size: 27 crackers Calories: 150 Fat: 7 grams</p>	 <p>Light String Cheese Serving Size: 1 cheese stick Calories: 60 Fat: 2.5 grams</p>
 <p>Peanut Butter Cookie Serving Size: 1 package Calories: 250 Fat: 10 grams</p>	 <p>100 Calorie Pack Almonds Serving Size: 1 pack (18 g) Calories: 100 Fat: 9 grams</p>
 <p>Cheese Danish Serving Size: 1 Danish (3 oz) Calories: 330 Fat: 14 grams</p>	 <p>Hardboiled Egg Serving Size: 1 egg Calories: 70 Fat: 4 grams</p>
 <p>Pepperoni Pizza Hot Pocket Serving Size: 1 Hot Pocket Calories: 340 Fat: 16 grams</p>	 <p>Lean Pocket Serving Size: 1 Lean Pocket Calories: 280 Fat: 8 grams</p>
 <p>Gatorade Serving Size: 20 ounces Calories: 122 Sugar: 29.5 grams</p>	 <p>G2 Gatorade Serving Size: 1 bottle (12 oz) Calories: 40 Sugar 10 grams</p>