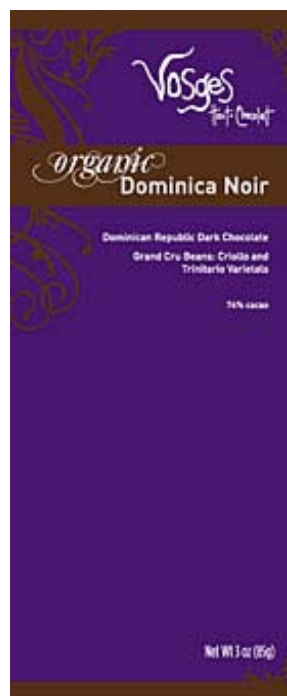


## What to Eat to Lose Weight: 7 Snacks Under 200 Calories

by [Ashley Koff, R.D.](#)

It's so easy to just grab a bag of pretzels or a "nutrition" bar from the vending machine when you find yourself famished for a snack. But many packaged snacks have more salt, sugar and preservatives than any of us need. Celebrity nutritionist [Ashley Koff, R.D.](#), tells her clients to reach for one of these healthy treats instead.



### Healthy Snack: DIY Almond Butter Cups

**Why you'll like it:** When you need a chocolate fix, this one delivers. But unlike an über-sweet candy bar, you won't have a sugar crash and get hungry again an hour later.

**How to make it:** Dip one 1/2 oz. bar [Vosges Organic Dominican Noir chocolate](#) in a 90-calorie pack of [Justin's Maple Almond Butter](#) (both available at Whole Foods).

*Photo: Courtesy of Vosges Chocolate and Justin's Nut Butter*