



The **V8** Diet

Simple Calorie Savers



Beverages	Instead of..	Try...	Calories Saved!
	Bottled coffee drink, coffee flavor (9.5 fl oz)	Diet V8 Splash® Berry Blend (8 oz).....	180
		Calcium Enriched V8® vegetable juice (8 oz).....	140
		Chocolate milk, low-fat (8 oz).....	30
		<i>Fruited V8 Frost*</i>	145
		<i>Orange Spritzer*</i>	140
	Caffe mocha with whole milk and whipped cream (12 oz)	Caffe mocha with fat-free milk without whipped cream.....	140
		Calcium Enriched V8® vegetable juice (8 oz).....	260
		<i>Hot Mulled Splash Sipper*</i>	299
	Iced tea, bottled, lemon flavored (8 oz)	Lemon Twist V8® vegetable juice (8 oz).....	50
		Diet V8 Splash® Fruit Medley (8 oz).....	90
	Orange juice (8 oz)	Diet V8 Splash® Tropical Blend (8 oz).....	100
	Apple juice (8 oz)	Low Sodium V8® vegetable juice (8 oz).....	60
	Grape juice (8 oz)	V8® 100% vegetable juice (8 oz).....	100
	Whole milk (8 oz)	Calcium Enriched V8® vegetable juice (8 oz).....	96
		Fat-free milk (8 oz).....	63
	Bloody Mary (1 cocktail)	<i>1 serving V8® Bloody Mary Mocktail*</i>	72

Savory Snacks	Instead of..	Try...	Calories Saved!
	Potato chips, plain, regular (1 oz)	Spicy Hot V8® vegetable juice (8 oz).....	100
		Pepperidge Farm® Goldfish® crackers (1 oz)**.....	10
		Potato chips, plain, baked (1 oz).....	40
		Sliced carrots & celery (½ cup) with light ranch dressing (1 tbsp).....	94
		Campbell's® Condensed Chicken Noodle soup (1 cup prepared)**.....	90
		Popcorn, air-popped, without added fat or salt (3 cups popped).....	58
		Tortilla chips, nacho flavored (1 oz)	Tortilla chips, baked (10 chips) with Pace® Salsa (2 tbsp).....

*Campbell's Kitchen recipe.

**Reduced sodium options available.

***Snickers is a registered trademark of Mars Inc.; Fudgesicle is a registered trademark of Popsicle Industries, Inc.

None of these companies have approved or are connected with the V8 brand or the V8 diet.



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Sweet Snacks

Instead of..	Try...	Calories Saved!
Snickers [®] brand bar (2 oz)	Diet V8 Splash [®] Berry Blend (8 oz) with a low-fat chocolate chip soft granola bar (1 oz).....	160
	Diet V8 Splash [®] Tropical Blend (8 oz) and trail mix with chocolate chips (1 oz).....	133
	Sliced apple (1 small) with peanut butter (1 tbsp).....	131
Cola soft drink, regular (8 oz)	Diet V8 Splash [®] Fruit Medley (8 oz).....	90
	V8 [®] 100% vegetable juice (8 oz).....	50
	Cola soft drink, diet (8 oz).....	100
	<i>Fruited V8 Frost*</i>	55
	<i>Orange Spritzer*</i>	50
Chocolate ice cream, regular (1 cup)	<i>1 serving V8 Diet Splash[®] Funsicles*</i>	245
	Chocolate frozen yogurt, fat-free (1 cup).....	100
	Light flavored yogurt (6 oz).....	180
	Chocolate pudding, fat-free (4 oz snack cup).....	180
	Fudgesicle [®] ***, fat-free (1 bar).....	210
Raisins (½ cup)	Grapes (½ cup).....	216
	Strawberries, sliced (½ cup).....	220

Meal Time

Instead of..	Try...	Calories Saved!
Blueberry muffin (1 bakery muffin)	Whole wheat English muffin (1 muffin) with strawberry jam (2 tsp).....	294
Tuna sandwich made with tuna fish packed in oil (3 oz) and mayonnaise (2 tbsp) on croissant	Tuna sandwich made with tuna fish packed in water (3 oz) and light mayonnaise (2 tbsp) on whole wheat bread (2 slices).....	156
Cheese pizza, plain (2 slices)	Cheese pizza topped with vegetables (1 slice) and a small side salad with light Ranch dressing (1 tbsp).....	246
Blue cheese salad dressing, regular (2 tbsp)	Blue cheese salad dressing, light (2 tbsp).....	124

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