



## HEALTHY WEIGHT PLAN

### Simple Calorie Savers

#### BEVERAGES

##### INSTEAD OF..

##### TRY...

##### CALORIES SAVED!

Coffee drink, bottled (9.5 oz.)	Diet <i>V8 Splash</i> ® Berry Blend (8 oz.).....	190
	<i>V8</i> ® 100% Vegetable Juice (8 oz.).....	143
	Chocolate milk, low-fat (8 oz.).....	42
	Fruited Frost* (8 oz.).....	162
	Orange Spritzer* (8 oz.).....	153
Caffé mocha with whole milk and whipped cream (12 oz.)	Caffé mocha with skim milk and without whipped cream (12 oz.).....	120
	<i>V8</i> ® 100% Vegetable Juice (8 oz.).....	280
	Hot Mulled Sipper* (8 oz.).....	280
Iced tea, bottled, lemon-flavored (8 oz.)	<i>V8 V-Fusion</i> ® Light Peach Mango (8 oz.).....	30
	Hot Mulled Sipper* (8 oz.).....	70
Vitamin-fortified water (8 oz.)	Diet <i>V8 Splash</i> ® Tropical Blend (8 oz.).....	40
	Diet <i>V8 Splash</i> ® Berry Blend (8 oz.).....	40
Orange juice (8 oz.)	Orange Spritzer* (8 oz.).....	102
Apple juice (8 oz.)	Low Sodium <i>V8</i> ® 100% Vegetable Juice (8 oz.).....	67
Grape juice (8 oz.)	<i>V8</i> ® 100% Vegetable Juice (8 oz.).....	104
	<i>V8 V-Fusion</i> ® Light Pomegranate Blueberry (8 oz.).....	102
Energy drink (8 oz.)	Spicy Hot <i>V8</i> ® 100% Vegetable Juice (8 oz.).....	60
	<i>V8 V-Fusion</i> ® Light Strawberry Banana (8 oz.) .....	60

\*Campbell's Kitchen® recipe.

\*\*Reduced sodium options available.

\*\*\*Fudgsicle is a registered trademark of Popsicle Industries, Inc. This company has not approved and is not connected with the V8 brand or the V8 Healthy Weight Plan.



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**SAVORY SNACKS**

**INSTEAD OF...**

Potato chips, plain, regular (1 oz.)

**TRY...**

*Pepperidge Farm® Goldfish®* Made with Whole Grain crackers (1 oz.)... 10  
 Potato chips, plain, baked (1 oz.)..... 30  
 Sliced carrots and celery (1/2 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

**CALORIES SAVED!**

Tortilla chips, nacho-flavored (1 oz.)

Tortilla chips, baked (1 oz.), with *Pace®* Chunky Salsa (2 tbsp.)..... 66

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#### SWEET SNACKS

##### INSTEAD OF...

##### TRY...

##### CALORIES SAVED!

Chocolate-covered caramel peanut candy bar (2 oz.)	Diet <i>V8 Splash</i> ® Juice Drink (8 oz.) with low-fat chocolate-chip granola bar.....	170
	Diet <i>V8 Splash</i> ® Juice Drink (8 oz.) and trail mix with chocolate chips (1 oz.).....	133
	Sliced apple (1 small) with peanut butter (1 tbsp.).....	117
Cola soft drink, regular (8 oz.)	Diet <i>V8 Splash</i> ® Tropical Blend (8 oz.).....	87
	<i>V8</i> ® 100% Vegetable Juice (8 oz.).....	47
	Cola soft drink, diet (8 oz.).....	96
	Fruited Frost* (8 oz.).....	59
	Orange Spritzer* (8 oz.).....	50
Chocolate ice cream, regular (1 cup)	Skinny Funsicles* (3 oz.).....	245
	Chocolate frozen yogurt, fat-free (1 cup).....	108
	Light, flavored yogurt (6 oz.).....	186
	Chocolate pudding, fat-free (4 oz.).....	170
	<i>Fudgsicle</i> , *** fat-free (1 bar).....	220
Raisins (½ cup)	Grapes (½ cup).....	68
	Strawberries, sliced (½ cup).....	96
Fruit and yogurt parfait with granola (5.3 oz.)	<i>V8 V-Fusion</i> ® Cranberry Blackberry (8 oz.).....	50
	<i>V8</i> ® 100% Vegetable Juice (8 oz.).....	110

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#### MEAL TIME

#### INSTEAD OF...

#### TRY...

#### CALORIES SAVED!

Blueberry muffins (1 bakery muffin)

*Pepperidge Farm*® 100% Whole Wheat English Muffin (1 muffin) with strawberry jam (2 tsp.)..... 267

Tuna sandwich made with tuna fish packed in oil (3 oz.) and mayonnaise (2 tbsp.) on a croissant

Tuna sandwich made with tuna fish packed in water (3 oz.) and light mayonnaise (2 tbsp.) on whole wheat bread (2 slices)..... 243

Cheese pizza, plain (2 slices)

Cheese pizza (1 slice) and a small side salad with light ranch dressing (1 tbsp.)..... 217

Blue cheese salad dressing, regular (2 tbsp.)

Blue cheese salad dressing, light (2 tbsp.)..... 90

Protein energy bar (2.5 oz.)

*Campbell's*® *Soup at Hand*® Chicken with Mini Noodles Soup and *V8 V-Fusion*® Light (8 oz.) ..... 80  
*Campbell's*® *Select Harvest*® Mexican-Style Chicken Tortilla Soup (1 cup) and Diet *V8 Splash*® Juice Drink (8 oz.)... 90

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