



AS SEEN IN

Fitness

EDITOR FAVORITES

Here's what FITNESS staffers eat when they need a healthy nosh.



"I like **Blue Diamond Whole Natural**

Almonds 100 Calorie Packs.

They're preportioned, so there's no danger of eating too many."

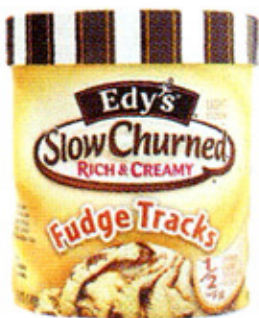
—*Nichole D'Auria,*
art director



"I love the zesty flavor of **Tostitos Hint of Lime tortilla chips.**

I could eat the whole bag, so I portion out just a handful to enjoy with salsa."

—*Erin Campbell,*
senior editor



"I'm a big fan of **Edy's Slow Churned Fudge Tracks.** It's rich and creamy."

(fudge pieces, peanut butter cups—yum!), and it has 30 percent fewer calories than regular ice cream."

—*Pamela Nien,*
executive editor



"My go-to snack: **Deep Chocolate VitaMuffins.**

The 100-calorie size keeps my need for a chocolate fix in check."

—*Marianne Magno,*
assistant Web editor