



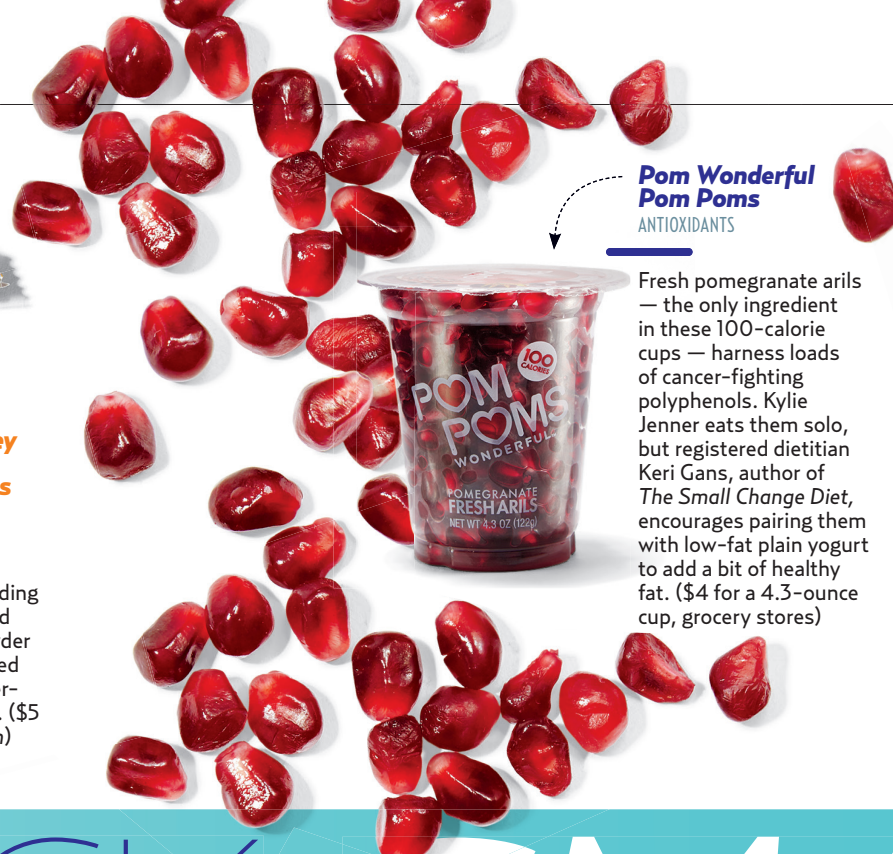
Bare Toasted Coconut Chips
FIBER

These crunchy strips feel indulgent — one reason *Life in Pieces*' Angelique Cabral reaches for them on set — but at 6 grams of fiber per ½ cup serving, they're "no slouch" in the nutrition department, says registered dietitian Mitzi Dulan. (\$29 for 12 1.4-ounce bags, baresnacks.com)



Kashi GoLean Honey Pecan Baklava Plant-Powered Bars
PROTEIN

Dulan appreciates the 8 grams of muscle-building protein — from nuts and vegan-friendly pea powder — in this cinnamon-laced debut from Carrie Underwood's preferred brand. (\$5 for five bars, target.com)



Pom Wonderful Pom Poms
ANTIOXIDANTS

Fresh pomegranate arils — the only ingredient in these 100-calorie cups — harness loads of cancer-fighting polyphenols. Kylie Jenner eats them solo, but registered dietitian Keri Gans, author of *The Small Change Diet*, encourages pairing them with low-fat plain yogurt to add a bit of healthy fat. (\$4 for a 4.3-ounce cup, grocery stores)



GoMacro Macrobars
PROTEIN

Adding more protein to your diet can "help maintain a healthy weight or even decrease body fat," says Dulan, author of *The Pinterest Diet: How to Pin Your Way Thin*. Ellie Goulding boosts her intake with these gluten-free bars, which each supply 10 to 12 grams. The singer is such a big devotee, she cocreated the line's Everlasting Joy edition, a mixture of coconut, chocolate chips and almond butter. (\$35 for 12 bars, gomacro.com)



GOULDING

SNACK SMARTER



ANISTON

Midday decisions matter. Behold, 15 nutrient-bearing, celebrity-praised noshes that will tide you over — and actually taste good!

Sabra Guacamole Veggie Fusions
HEALTHY FATS

Mexican-food obsessives, including Jennifer Aniston, will be pleased to hear that this dip's "really clean" ingredient list (carrots, bell peppers and yellow squash, in addition to the usual suspects) gets Dulan's seal of approval. Each 2-tablespoon serving packs in a heap of cholesterol-lowering monounsaturated fat, thanks to the avocado base. (\$4 for a 7-ounce container, grocery stores)

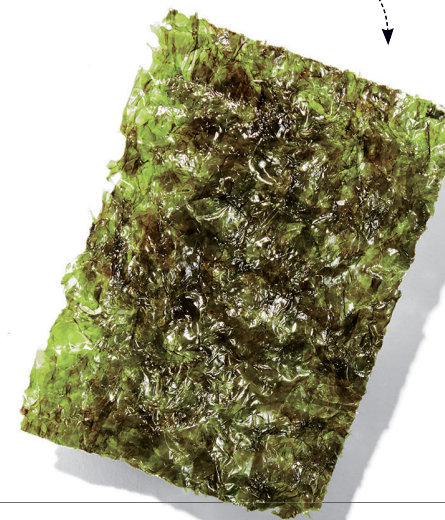


Alter Eco Organic Dark Blackout Bars
ANTIOXIDANTS

Cacao supplies memory-aiding flavonoids, and at 85 percent concentration, this dark chocolate — a standard treat for Blake Lively — tops the dietitian-backed 70 percent level. Two 48-calorie squares can "help keep a craving in check," says Gans. (\$4 for a 2.82-ounce bar, alterecofoods.com)

Gimme Organic Roasted Seaweed Snacks
ANTIOXIDANTS

Like Sophia Bush, Gans champions these crunchy strips. "They're a good source of vitamin C, which is important for a healthy immune system," explains the dietitian. Because an entire 5-gram package has only 25 calories, she even signs off on four of the 10-sheet servings: "Never what I would typically say!" (\$7 for six snack packs, gimmehealth.com)



Chobani Smoked Onion Parmesan Mezé Dip
PROBIOTICS

Dulan dubs this newcomer a "worthy" bite for its 3 grams of protein per 25-calorie, 2-tablespoon serving. Because it's primarily Greek yogurt — a fridge staple for Maria Menounos — you get a fix of immunity-promoting live and active cultures with each dollop. (\$5 for a 10-ounce container, freshdirect.com)



MENOUNOS

Juice Press Tibetan Goji Berries
ANTIOXIDANTS

Studies have shown that Lea Michele's dried fruit choice is an excellent source of antioxidants. "They're also higher in protein than most berries," Dulan adds. Both dietitians recommend mixing a handful with whole almonds for a satisfying DIY trail mix. (\$3 for a 1-ounce bag, juicepress.com)



Justin's Classic Almond Butter
HEALTHY FATS

Though they contain only 1 gram of sugar, these single-serving pouches satisfy Kim Kardashian's sweet tooth while delivering 18 grams of energy-revving healthy fats, which also help your body absorb other nutrients. Dulan calls them a "game changer" and recommends squeezing them onto a low-cal vegetable such as celery. (\$14 for 10 1.15-ounce squeeze packs, justins.com)



The Chia Co. Vanilla Bean Chia Pods
FIBER

Six grams of fiber in each "well-balanced" cup (just chia seeds, water, vanilla bean, banana puree and coconut milk) go a long way toward steadying blood sugar levels, explains Gans. DJ and self-proclaimed "workout enthusiast" Hannah Bronfman keeps her homemade version in heavy rotation. (\$3 for a 6-ounce cup, freshdirect.com)

Suja Drinking Vinegars
PROBIOTICS

Familiar sips such as spicy lemonade get an extra-tart kick from the addition of apple cider vinegar, which may prevent blood-sugar spikes. Each one-serving bottle from the Sofia Vergara-loved brand boasts 4 billion colony-forming units (CFUs), well above the 1 billion CFU minimum Dulan advocates. (\$3 for a 13.5-ounce bottle, Whole Foods stores)



Krave Black Cherry Barbecue Pork Jerky
PROTEIN

Packing 9 grams of protein in each 1-ounce serving, this smoky-sweet jerky earns high marks from Dulan. "The big talking point for protein is satiety," says the RD. "Aim for 6 grams or more in a snack to keep you full." (\$7 for a 3.25-ounce bag, kravejerky.com)



Bubbies Kosher Dill Pickles
PROBIOTICS

Chomping on a pickle a day — as Jordin Sparks does — can be a smart gut-health move. When cukes are fermented naturally, with salt and water instead of vinegar, they develop probiotics, the type of "good" bacteria that bolsters your digestive tract. Stick to one serving to keep sodium in check, notes Gans. (From \$4 for a 16-ounce jar, grocery stores)



GG Bran Crispbread
FIBER

Molly Sims dresses up these crackers with cottage cheese and red peppers or kale and Gans-approved hummus. Unprocessed wheat bran makes them an "optimal source" of natural fiber (4 grams in each cracker) as you aim for 3 grams per serving, says Dulan. (\$11 for two packages, ggbrancrispbread.com)

