

# Munching *at the* Movies

## 9 Hacks for Your Snacks

**LET'S BE CLEAR:** it's better to fill up before you go to the movies than to buy snacks there. Real-world snacks are **200** calories; movie snacks run as high as **1,200**. The portions are huge, and they're loaded with sodium, sugar and fat. But if you must munch at the movies, these tips will minimize the damage to your diet:

### POPCORN

- Choose a small or kids' size.
- Don't add salt or butter. A large buttered popcorn has 1,200 calories and 60 grams of saturated fat (and a medium isn't much better).

### BEVERAGE

- Choose bottled water.
- If you must have soda but don't want to drink 500 calories, choose diet soda.
- Avoid slushies. They're just flavored sugar and ice.

### CANDY

- Avoid chocolate. It has just as much sugar as other candy but is also high in fat.
- Snacks like Twizzlers and Sour Patch Kids are labeled "fat-free," but don't be fooled. They're high in calories, and 1 serving is ¼ of the package (so share!)

### NACHOS

- Processed cheese dip makes this snack ultra-high in sodium and saturated fat.
- Order plain chips instead. If you must dip, bring snack-sized salsa from home.

### PIZZA

- If you're going to have pizza, make it your dinner for the night.
- Stick to 1 slice; pizza is super high in calories and fat.

### HOTDOGS

- Hotdogs are hardly healthy, but they have fewer calories, sodium and fat than cheese nachos.
- Have one hot dog on a bun (plain, with mustard or with a little ketchup).
- Avoid corn dogs. The deep-fried batter is full of calories and fat.

### SOFT PRETZELS

- Avoid cinnamon-sugar pretzels. They may smell tempting, but they pack 800 calories and 6 grams of fat! Frosting dip adds another 200 calories.
- Instead, share pretzel bites. Dip them in pizza sauce or mustard, not high-calorie, high-fat cheese dip.

### BEST STRATEGY: BRING YOUR OWN SNACK

- Pretzels and hummus (small, snack-sized servings)
- String cheese
- Homemade dried-fruit-and-nut mix (watch portions: 1-2 handfuls are 200-300 calories)
- A piece of fresh fruit
- Carrot sticks
- Celery sticks with peanut butter



### MY STRATEGY

"I either go to the movies right after a meal or plan to go to dinner immediately afterward. I bypass the concession area to avoid temptation. And I may pack a Tootsie Pop or two to keep my senses occupied during the movie."

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#### Sources

USDA National Nutrient Database for Standard Reference: [ndb.nal.usda.gov](http://ndb.nal.usda.gov)  
Processed foods: [eatright.org/Public/content.aspx?id=6442471055](http://eatright.org/Public/content.aspx?id=6442471055)  
Fast food: [eatright.org/kids/article.aspx?id=6442463297](http://eatright.org/kids/article.aspx?id=6442463297)



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