

# Holiday Shopping Hunger: Eat This, Not That

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'Tis the season for shopping in endless stores, looking for that perfect gift! Wandering aimlessly for hours can really stir up an appetite and you are going to need some caffeine and nourishment to get you through the chaotic crowds. Unfortunately, fast food and coffee shops seem to be the only things you can find among the milling crowds carrying bags galore. There is no way you are going to travel home in the middle of shopping to get a snack, so fast food it is. More than likely, any fast food snack is going to be more calories than a snack you would whip up at home. Thankfully, with the help of the nutrition facts available at most restaurants (or on their website) and the availability of nutrition information through apps on phones, it is becoming easier to determine which menu items are better choices.

## The Shopping Mall Pretzel Shop

*Honey Whole Grain Pretzel (no salt, no butter)*

260 calories  
3 g total fat, 1 g saturated fat  
0 mg cholesterol  
800 mg sodium  
11 g protein



*Cinnamon Sugar Pretzel*

470 calories  
12 g total fat, 7 g saturated fat  
25 mg cholesterol  
400 mg sodium  
8 g protein

## The Shopping Mall Coffee Shop

*Grande Skinny Peppermint Mocha:*

130 calories  
1.5 g total fat, 1 g saturated fat  
5 mg cholesterol  
0 mg sodium  
13 g protein  
150 mg caffeine



*Grande Peppermint Mocha with Whipped Cream (whole milk):*

440 calories  
19 g total fat, 11 g saturated fat  
55 mg cholesterol  
0 mg sodium  
12 g protein  
175 mg caffeine

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No fast food snack is perfect, but small changes in your order can save calories, fat, and cholesterol without big differences for your taste buds or your wallet! There is no reason why you cannot find the perfect gift and the healthiest snack while doing your shopping this holiday season!

If you'd like to learn more about nutritious choices you can make this holiday season, visit a registered dietitian and/or check out [www.eatright.org](http://www.eatright.org).



*Kaitlin Mock is a registered dietitian and member of the Academy of Nutrition and Dietetics. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their communities. To find a registered dietitian in your area, visit [www.eatright.org](http://www.eatright.org) and click on "Find a Registered Dietitian."*