

BEST DIETS

The Good Bean Roasted Chickpeas

Dietitian Brooke Alpert applauds the low sugar tally (4 grams per ounce) in these bites from Jordana Brewster's preferred brand. Says the pro, "Too much sugar can lead to weight gain, heart disease and even brain disease." (\$27 for six bags, thegoodbean.com)



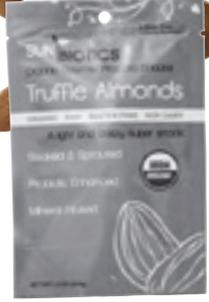
Wonderful Sweet Chili Pistachios

Along with 3 grams of sugar per half cup (per the Food and Drug Administration, sugars should make up 10 percent of daily calories), the nuts have 290 milligrams of potassium. That mineral boosts metabolism! (\$1.50 for 1.25-ounce bag, getcrackin.com)



Mediterra Savory Bars

Karlie Kloss dubbed them "delicious" and "nutritious," and Alpert agrees. Made with the same foods found in the heart-healthy Mediterranean diet, the 3-grams-of-sugar bars "are loaded with antioxidants," she says. (\$24 for 12 bars, mediterrannutrition.com)



Sunbiotics Truffle Almonds

These nuts get top marks from the *Sugar Detox* author thanks to their low sugar (1 gram per ounce!) and loads of vitamin E. The antioxidant, which aids immunity, "can be hard to get in your diet," says Alpert. (\$4 for 1.5-ounce bag, sunbiotics.com)

SNEAKY SOURCES OF SUGAR

Snackers, beware: This sweetener lurks in surprising places

Ketchup

With 4 grams in just one tablespoon, "you're basically putting sugar on a hamburger," Alpert says of the sauce. And most types contain high fructose corn syrup, she adds, which can lead to liver disease.

Salad Dressing

Opting for fat-free may seem smart, "but when they take away fat, they add sugar," says Alpert. (Some flavors have 12 grams a serving!) Instead, use a drizzle of full-fat dressing with no added sugar.

Nonfat Yogurt

When fat is removed from this dairy, the body absorbs sugars quickly, says Alpert. She advises picking full- or low-fat and plain over flavored varieties, which can pack up to 30 grams of sugar.

SWEET WAYS TO

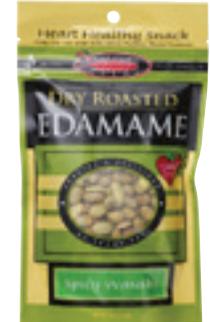
Scale back on the white stuff (and extra pounds!) with these treats — all 6 grams or less per serving

CUT SUGAR



SweetRiot Cacao Nibs

"You can have quality chocolate in your diet," says Alpert of the low-sugar (6 grams per ounce) roasted cocoa beans. At 70 percent cocoa, they're filled with heart-healthy antioxidants. Sarah Jessica Parker totes them. (\$45 for 12 tins, sweetriot.com)



Seapoint Farms Dry Roasted Edamame

Fourteen grams of filling protein make this bite, which has 1 gram of sugar per quarter cup, a standout. The nutrient "helps stabilize blood sugar," explains the NYC-based dietitian. Translation: fewer hunger cravings! (\$30 for 12 bags, seapointfarms.com)



Quinn Farm-to-Bag Popcorn

There are no sugars and just three ingredients (popcorn, coconut oil and sea salt), but the 35-calorie-per-cup eat boasts 3 grams of fiber. Says Alpert, "It will keep you fuller longer, helping weight loss." (\$10 for two 4-ounce bags, quinnpopcorn.com)



Kind Nuts & Spices Bars

Like Emmy Rossum, Alpert is a Kind fan. The Nuts and Spices line has just 5 grams of sugar per bar "and everything is a simple ingredient," says the pro. (Think: nuts, honey, cocoa powder.) "Plus, they taste great!" (\$7 for four bars, kindsnacks.com)

