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movie theater

tip
card



free
to
LIVE™

healthy tips



- Try our L A Snacks for a crunchy, healthy treat.
- Ask for a large ice water or diet soda to sip throughout the show.
- Stay focused and aware of your food choices.
- Think twice about why you are eating. The sight and smell of theater foods can lure even the best intentioned.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
Popcorn , small, ½ bag,				2		2
Licorice , 3 vines				2		
Chocolate Kisses , any variety, 5 pieces				1		1
Peanut M&Ms® , 1 bag, 1.7oz / 49g				2		2
Soft Pretzel Nuggets , 1 serving 3oz / 90g				3		

use foods not on your menu plan in moderation