

Melty, cheesy mmm



We're beating the blues and the belly bulge, thanks to ooey-gooey bites made without fat-packing soybean oil

When we need a pick-me-up on a dreary winter day, warm-and-cheesy snacks are just the thing to get us smiling. But when we realized many of our favorite packaged heat-and-eat cheese products are loaded with soybean oil, we lost a bit of confidence in our go-to comfort foods. The problem:

Soybean oil has been linked to diabetes, cholesterol spikes and a 25 percent increase in weight gain. No thanks! So we went in search of our favorite treats made without soybean oil and came up with delicious offerings. Here's to smart snacking!



If you like
Jalapeños

A cheesy bite with a fiery twist delivers just the mood and energy boost we need when we're dragging, but our old pick contains soybean oil. Now we're heating up with Zesty Pepper Jack Brazi Bites (\$5 for 11.5 oz., supermarkets). These cheesy treats have 50 percent less fat than our former zesty pick and none of soybean oil's downsides—plus, they're delicious!



Skip it!

TGI Fridays Loaded Potato Bites



Pick it!

Brazi Bites Zesty Pepper Jack



If you like
Spinach

No gathering is complete without creamy spinach dip. But when we spotted soybean oil in the ingredients of our former fave, we switched to Tostitos Dip-etizers Cheesy Spinach & Artichoke Dip (\$4 for 10 oz., supermarkets). This heat-and-eat dip boasts 100 percent more protein than our old pick. And when we set it out for a game-day party, our crowd went wild.



Skip it!

Wise Spinach Dip



Pick it!

Tostitos Dip-etizers Spinach & Artichoke Dip



If you like
Pepperoni

Cheese + pepperoni = snack-time bliss... until you factor in the downsides of soybean oil. But we've managed to sidestep the unhealthy effects, thanks to Annie's Uncured Pepperoni Mini Pizza Bagels (\$3 for 6.65 oz., supermarkets). These gooey delights are made sans soybean oil and contain 25 percent more energizing protein per 4-piece serving than our old bites.



Skip it!

Ore Ida Cheese & Pepperoni Bagel Bites



Pick it!

Annie's Uncured Pepperoni Mini Pizza Bagels