



Dear Evan,

100 calorie snack packs : Are they the answer to weight loss:

*These days it seems like everything is packaged in 100 calorie packs. You have chips, cookies, crackers and even mini soda's
But is this the answer:*

Pro's

- **They are convenient**
- **Portion control is the key to a successful weight loss program**
- **It's everything we like in portions that are good for us**
- **They are so easy to take on the road**

Con's

- **Quite pricey, almost twice the amount of money per ounce than a large bag**
- **The serving size for 100 calories is not very much, You are left hungry and wanting more**
- **They have no nutritional value**
- **Even though many are not made with trans fats and are low in sugar they are still highly processed**

What to do instead: Fresh fruits and vegetables with lots of fiber are a much better choice; They will keep you full longer and provide lots of good nutrition. Yogurt or a glass of Fat free chocolate milk is also good , providing you with calcium as well.

Just remember when you are really craving chocolate chip cookies try the 100 cal. If not go for the fruits and veggies and get more for the bang

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