

100 CALORIE SNACKS

Snacks That Satisfy Without Sabotaging Your Hard Work!

Sometimes you just have to have a snack that satisfies your sweet tooth. Be prepared for the munchies by having good low-calorie snacks on hand.

Max International wants you to practice Safe Snacking! If the urge for something sweet or salty or just plain crunchy gets the best of you, point your browser to one of these websites for 100-calorie snacks. If none of these options chime your bells, Google "100 calorie snacks" and see what else is out there!

Website Suggestions for Tasty and Low-Calorie Snacks

1. <http://www.webmd.com/diet/guide/100-calorie-snacks>

"If you focus on the calorie count, it can make it much easier to choose a snack and much easier to stick to your diet, and you can't stray too far if you only allow yourself that 100-calorie limit," says Christine Gerbstadt, MD, RD, a spokeswoman for the American Dietetic Association.

2. <http://www.goodhousekeeping.com/health/healthy-snacks/low-calorie-snacks-0606>

Best Snacks -- 100 calories or less

"On a diet but don't want to deprive yourself of a treat here and there? Try these tasty nibbles—all 100 calories or less."

By Delia A. Hammack, MS, RD, Good Housekeeping Research Institute

3. <http://www.mothenature.com/Library/Bookshelf/Books/34/54.cfm>

"High-fat, high-calorie snacks can sabotage weight-loss efforts. Next time you can't resist those midmorning or late-night munchies, reach for one of the snacks listed below. The following list contains 100 low-fat, low-calorie snacks that will satisfy your hunger without sacrificing your figure."

