

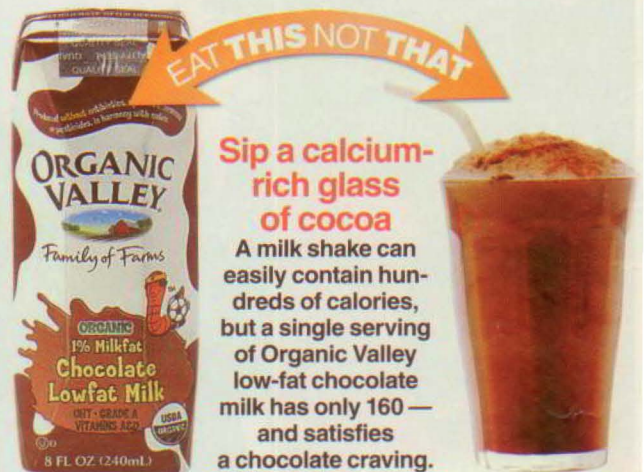
The guilt-free



Staying Fergalicious!
Fergie splurges on popcorn at the movies, but she apparently keeps her waistline in mind: She gets a small bag, not a big tub!



Nix the butter, not the treat
Expert Cynthia Sass says Smart Pop (240 calories and 4 grams of fat per bag) has half the calories of buttered popcorn — yet still has lots of buttery flavor.



Sip a calcium-rich glass of cocoa
A milk shake can easily contain hundreds of calories, but a single serving of Organic Valley low-fat chocolate milk has only 160 — and satisfies a chocolate craving.



Choose good-for-you chocolate
Automatic portion control! Dietitian Jessica Fishman suggests popping four or five 26-calorie (and heart-healthy) dark-chocolate Kisses when a craving hits.

Indulging while dieting? *Life & Style* reveals healthy ways to snack happy

Life's too short not to want some cake and eat it, too. So *Life & Style* asked experts to share their picks for the healthiest snack foods on supermarket shelves. They guided us to smart alternatives that can help satisfy any craving — from sweets and treats to chips and chocolate. We even learned it's often best to indulge in small portions of the real deal instead of artificial sweets, because, as studies indicate, the faux stuff can actually sabotage a diet.

"If you want ice cream, have the real thing rather than a fat-free,

sugar-free imitation that leaves you still fantasizing about food," advises Cynthia Sass, nutrition director for *Prevention* magazine and co-author of *Flat Belly Diet*.

Simply budget treats into your daily caloric intake, avoid those with trans fats or partially hydrogenated oils, which increase the risk of heart disease, and, of course, keep portions in check!

"If you're choosing a low-calorie snack pack, eat one pack, not five," advises registered dietitian Alyse Levine. "Skip snacks with unrealistically small servings; what are the odds of you sticking to just one?"

LIFE & STYLE'S NUTRITION EXPERTS



Alyse Levine
Founder of NutritionBite.com



Cynthia Sass
Co-author of *Flat Belly Diet*



Jessica Fishman
Member of the New York Dermatology Group

junk food diet



EAT THIS NOT THAT

Cheese flavor — with less fat!

Nix the plate of gooey, fat-filled nachos for a serving of nine mini cheddar cheese Quakes — which has only 70 calories and 2½ grams of fat.



EAT THIS NOT THAT



Have a fiber-filled p.m. treat

With 4 grams of fiber (more than four times the amount in regular cookies), each Kashi treat is filling. Says Fishman, "One really is enough."



EAT THIS NOT THAT

Double churning makes ice cream a smart choice

With only 100 calories (and half the fat of regular ice cream), a half cup of Breyers' double-churned (the process significantly shrinks the size of fat globules) has sweeter rewards than a sundae.



EAT THIS NOT THAT

For heart-healthy crunch

A 1-oz. serving of Solea chips has 40 percent less fat than regular potato chips and packs just 130 calories. Plus, the chips are made with heart-healthy olive oil and flavored with antioxidant-rich rosemary.



EAT THIS NOT THAT

Stick to all-natural soda

A bottle of all-natural Grown-Up Soda has 90 to 98 calories. It does not contain high-fructose corn syrup, which is often linked to type 2 diabetes, or artificial sweeteners, which studies link to weight gain.



EAT THIS NOT THAT

Reach for snack-pack servings

Dietitian Alyse Levine says it's easy to binge on a box of graham crackers (which have roughly 130 calories in a two-sheet serving), but a 100-calorie pack, with about 25 crisps in each, takes care of portion control.

