

## **The holidays are over -- WHEW!**

How have you been doing so far? This time of year is difficult when you're watching your weight, so stay strong. Your body will thank you!

### **Snack Attack**

It can happen when you least expect it ... or show up at about the same time every day. It's a "snack attack" -- that moment when the munchie monster grabs your appetite and won't let go! Experts say it's not snacking in itself, (you should eat every 3-6 hours) but the size and type of the snacks, that can really do a dieter in. One way around the problem: Have your snacks, but keep them to 100 calories or fewer.

### **Snacks That Measure Up**

Of course, you can easily prepare your own 100-calorie snacks, built around foods you like to eat. The key to controlling calories is to work with a reliable calorie-counting guide, then weigh and measure every ingredient -- at least at first. Snacks should have some protein- (to keep you full longer) or some complex sugars and fiber as in fruit.

When you're buying a snack on the run at a restaurant, deli, or street vendor, use your hands and fingers to estimate how much you're eating. The palm of the hand is usually a 3-ounce serving; a tablespoon is about the size of the last digit on your thumb; and if it's a long item, like string cheese, an ounce is about the length of your forefinger.

Another option is to buy prepared 100 cal snacks just watch that they contain protein and fiber not just sugar.