



# 100 Calorie Snack Packs – Yay or Nay?

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**Treats packaged as 100-calorie snack packs are food manufacturers' way of responding to the obesity epidemic and consumer demand.** Products such as Oreo, Chips Ahoy, Cheetos, Balance energy bars, and even Coke are now available in 100-calorie portion packs. *Yay or Nay?*

**NAY:** Although a smaller portion size is better than a super-sized version, repackaging these snacks into 100-calorie packs does not make them more nutritious.

- These crackers, cookies and chips are perfect examples of empty-calorie snacks – high in calories but lacking health-promoting nutrients such as vitamins, minerals, antioxidants & fiber (*see the nutrition information on the Cheetos 100-calorie product, right*).
- Plus, despite the fact that the Nutrition Facts panel shows 0 grams of trans fat, hydrogenated oil (a trans fat) is still on the ingredient list.  
*Why?* The FDA allows food manufacturers to list 0 grams of trans fat as long as there is less than 0.5 gram of trans fat per serving.

**YAY:** If you absolutely cannot resist empty-calorie snacks, and you don't mind paying a hefty price (twice as expensive per ounce), 100-calorie snack packs may help keep your portions under control – if you stick to just one of the portion packs.



**INGREDIENTS:** ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, OR SUNFLOWER OIL), WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, AND LESS THAN 2% OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN OIL OR CANOLA OIL, MALTODEXTRIN, DISODIUM PHOSPHATE, SOUR CREAM (CULTURED CREAM, NONFAT MILK), ARTIFICIAL FLAVOR, MONOSODIUM GLUTAMATE, LACTIC ACID, ARTIFICIAL COLOR (INCLUDING YELLOW 6), AND CITRIC ACID.  
**CONTAINS MILK INGREDIENTS.**

Nutrition Facts	
Serving Size 1 Package	
Amount Per Serving	
<b>Calories 100</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 6g</b>	<b>10%</b>
Saturated Fat 1.5g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol less than 5g</b>	<b>1%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber less than 1g	<b>3%</b>
Sugars less than 1g	
<b>Protein 1g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin E 4%	Thiamin 4%
Niacin 2%	Riboflavin 4%
Phosphorus 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

**Healthy & nutritious snack ideas (remember that a snack should be no more than 100 – 200 calories):**

**Whole grains** – rich in fiber and complex carbohydrates (whole grain crackers, crispbreads, whole wheat english muffins or bread)

**Fruits and vegetables** – source of vitamins, minerals and fiber (apples, pears, bananas, baby carrots, and grapes are all easy-to-carry options; dried fruit or fruit cups in water are also good choices)

**Nuts and seeds** – good source of protein and monounsaturated fat, a heart-healthy fat (make your own trail mix with nuts, whole grain cereal and dried fruits; spread 1 tablespoon peanut butter onto apple slices, crackers or bread)

**Low-fat or non-fat dairy products** – good source of calcium and protein (yogurt, cottage cheese, string cheese)

**For more snack ideas try these websites:**

- Healthy Snacking Ideas <http://www.mayoclinic.com/health/healthy-diet/HQ01396>
- 11 Heart Healthy Snacks [http://diet.ivillage.com/issues/choices/o\\_b6nw9bxf.00.html](http://diet.ivillage.com/issues/choices/o_b6nw9bxf.00.html)
- 9 healthy pre-dinner snacks [http://www.realsimple.com/realsimple/gallery/0\\_21863\\_1094716.00.html](http://www.realsimple.com/realsimple/gallery/0_21863_1094716.00.html)