

DAILY NEWS

GOOD LIVING

Eat, drink and be skinny

When it comes to navigating the vast ocean of lo-cal snacks on the market, who better to guide us than Hungry Girl, aka Lisa Lillien. On her Web site www.hungry-girl.com, this self-proclaimed "foodologist" highlights the tastiest lo-cal and lo-carb food options out there to help others find replacements for the naughty food they crave.

Here's her top 10:

1. House Foods Tofu Shirataki Noodles
(1 bag = 40 calories, 1g fat, 30mg sodium, 6 carbs, 4g fiber, 0g sugar, 2g protein)

If you're still crying over giving up pasta, your life is about to change. These noodles, made of tofu and yam flour, are the world's best diet find. With 1/20th the calories of regular pasta, you can enjoy huge bowls of it guilt-free.

2. Edy's Slow Churned Light Ice Cream, Peanut Butter Cup

(1/2 cup = 130 calories, 6g fat, 65mg sodium, 17g carbs, 13g sugar, 3g protein)

Vanilla light ice cream, swirls of peanut butter, chunks of peanut butter cups? Don't go wild, but even a 1/2 cup serving of this insanely delicious frozen find is enough to satisfy.

3. Nabisco 100 Calorie Packs, Ritz Chips Minis

(1 pouch = 100 calories, 3g fat, 230mg sodium, 17g carbs, 0g fiber, 2g sugar, 2g protein)

Now you can indulge in the buttery, crunchy goodness of Ritz crackers with

5. FRS Plus, Low Calorie Orange
(Concentrate: 30 Calories, 8g carbs, 5mg sodium, less than 1g fiber, 7g sugar, n/a protein; Ready to Drink: 40 calories, 10g carbs, n/a sodium, 1g fiber, 9g sugar, n/a protein)

FRS Plus is worth obsessing over. Not only is it packed with vitamins and antioxidants, but it'll give you lots of energy and even help you think more clearly. It tastes great and is practically addictive. FRS Plus is hard to find, so look for it at frsplus.com.

(1 panini sandwich = 280 calories, 1g fat, 730mg sodium, 32g carbs, 3g fiber, 3g sugar, 20g protein)

Here's a crusty, crispy gourmet-style panini sandwich that won't set you back in the calorie and fat departments. It's so decadent and flavorful, you'll definitely



...w/Grilled

390mg sodium, 31g protein, low-fat Sesame oil, 5g fat, 680mg sugar, 1g

protein)
This satisfying McDonald's salad has chicken, mandarin oranges, pea pods

and almonds, not to mention a fantastic new low-fat sesame ginger dressing from Paul Newman.

8. Southbeach Diet Breakfast Wraps, Denver

(1 wrap = 180 calories, 7g fat, 620mg sodium, 27g carbs, 15g fiber, 3g sugar, 16g protein)

Bored with the same old breakfast? Zap this baby for 2 minutes in the microwave, and you'll have a steaming hot egg white, veggie, ham and pepper-packed morning meal. With just 180 per wrap, this is one of the calorie bargains of the century.

9. Starbucks DoubleShot Light
(1 can = 70 calories, 4g fat, 50mg sodium, 6g carbs, 0g fiber, 5g sugar, 3g protein)

Starbucks' brand-new Espresso & Cream DoubleShot Light is a home run. Each little can contains a super-creamy double shot of espresso. Made with Splenda but not overly sweet, it can be enjoyed straight from the can, or poured over ice. Find it at your local market, not your favorite Starbucks location.

10. Western Bagel - Alternative Bagel, Country White (1 bagel = 110 calories, 0g fat, 210mg sodium, 25g carbs, 7g fiber, 0g sugar, 6g protein)

These low-cal bagels taste great, and are packed with fiber, too. They aren't quite as yum as a huge, doughy H&H bagel, but for 100 calories, what do you expect? (westernbagel.com)

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