

VITAMIN G

DAILY HEALTH & FITNESS BLOG

Afternoon Snack: Chips You Don't Have to Feel Guilty About

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by Sarah Jio

Hey everyone! What are you craving this afternoon? Me? A brownie. But, if you're in the mood for something salty and crunchy, I've got a great recommendation: low-fat, low-cal chips that you've got to try if you haven't already.

A few months ago, I was sent a box of Pop Chips to check out. Let me tell you, those little single-serving bags were gone in a matter of days (thanks to my husband!). But there's nothing to feel guilty about here. These chips are actually popped, not baked (flavorless, usually) or fried (oily and high-cal) like other chips, and they come in yummy flavors like barbecue and salt and vinegar (my fave). Hungry Girl's a fan, too. Give 'em a try and let me know what you think.

But, let's have a no-guilt moment for a sec--just for fun. Calories and fat aside, what are your favorite chips?

