

Snacks are fattening

Written by
DATE_FORMAT_LC2 -



Snacks are fattening

This is not true if you choose healthy snacks! Good snacks prevent you from being hungry and avoid the temptation of eating sweets and other junk foods. It is important to choose sugar-free and fat-free snacks that curb your appetite. Soy snacks and fat-free yoghurts are ideal choices.