

## NUTRITION

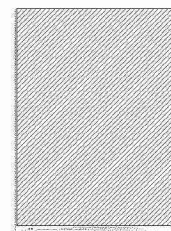
Midnight hunger pangs?  
These 10 healthy late-night  
snacks will satisfy your cravings  
without inflating your gut.

By NATE MILLADO



# OPEN LATE

**▶ WHILE SURFING THROUGH LETTERMAN,** Leno, and Kimmel, your stomach starts to rumble. Don't nuke that leftover pizza or inhale a pint of ice cream. "When you overeat before bed, your body is much more likely to store those calories as fat," says nutritionist Manuel Villacorta, R.D., a spokesperson for the American Dietetic Association. You can still eat something, he says. It just needs to be the right snack. A couple of rules: stick to less than 300 calories—anything more is a meal. And wait at least an hour before hitting the sack so you have plenty of time to digest.



## COLD



### Strawberry shake

● Blend kefir (it's like a liquid yogurt), strawberries, and a teaspoon of honey for a refreshing protein shake that's also chock-full of digestion-enhancing probiotics.



### Frozen blueberries

● A cup of the fruit is packed with vitamins, antioxidants, and more than 4 grams of fiber. For a richer snack, top them with a little light whipping cream.



### Yogurt cubes

● If you're an ice cream lover, try this lean alternative: pour a homemade smoothie (like the kefir-strawberry mixture at left) into ice cube trays, then freeze until slushy.



BETWEEN  
**24%**  
AND  
**65%**

Portion of a day's total calories guys take in at night

## SAVORY



### Multigrain pretzels

● Whether in stick or twist form, pretzels are a surprisingly good alternative to chips. One ounce—about a handful—boasts just over 100 calories. To add some metabolism-revving protein, dunk 'em in yogurt.



### Crackers

● For a nutty snack, try Ak-mak crackers (made of stone-ground sesame seeds), multigrain Wasa crackers, or low-fat rye mini toasts. Spread on some hummus or light cheese, or eat with a small slice of lean lunch meat.



### Cheese quesadilla

● Sprinkle some grated low-fat cheese, like Jarlsberg light, in between a couple of high-fiber tortillas, then crisp both sides on a cast-iron skillet or indoor grill. The healthiest cheeses have just 3 to 5 grams of fat per ounce.



### Popcorn

● Choose 100-calorie packs of 94% fat-free microwave popcorn. Or air-pop your own. Skip the butter. Instead, raid your spice cabinet: Use lime powder for tang, cayenne pepper for heat, or a dash of cinnamon for sweetness.

## SWEET



### GO TO BED

In a Northwestern University study, researchers found that mice who were fed when they should have been asleep gained 48% more fat after six weeks than mice fed during normal waking hours, even though both were given the exact same food.



### Greek yogurt

● "It's high in protein, low in sugar, and can really fill you up," Villacorta says. For more flavor, mix in your own fruit, like sliced papaya.



### Dark chocolate

● The darker the better. Chocolate made with at least 70% cacao contains less sugar and more antioxidants than its milky cousin.



### Dried figs

● Three or four of the chewy, candylike fruit should do the trick. Still hungry? Pair them with a wedge of light cheese like Laughing Cow.