THIS MONTH'S GOAL: **Eat less junk food!**

snack attack!

Why do you *crave* the foods you know you shouldn't eat every day? Here's what your body is trying to tell you.

2009 seventeen's NEW BODY, NEW YOU ALL ACCESS

if you crave chocolate...

try instead a peanut butter & banana smoothie

WHY IT'S BETTER: A chocolate craving may be your body's way of saying it's not getting enough healthy fats. So instead of loading up on the sugar and empty calories in a candy bar, make a smoothie with bananas, low-fat milk, and natural peanut butter—it's sweet and full of good oils your body needs!

Peanut butter has natural oils that keep your skin soft and hair shiny!

if you crave french fries...

seventeen.com Find out how healthy your diet really is at seventeen.com/food.

try instead water & pretzels

WHY IT'S BETTER: You crave greasy, salty foods when you're dehydrated, since salt helps your body hang on to the water it has. So before you reach for junk, drink some water or Gatorade and snack on pretzels. You'll get a little sodium without the unhealthy fat in fries or chips!

Pay attention to your thirst. If you just started working out, you need more fluids than usual!

if you crave cookies...

try instead a mini pizza

WHY IT'S BETTER: Wanting something sugary is your body's way of saying it needs calories and energy—fast! But sweet foods just make you hungrier and set off more cravings, so instead have a "mini meal," like an English muffin with pizza sauce and cheese. The combo of different flavors and food groups will keep you satisfied!

A whole wheat muffin with tomato sauce and cheese is the perfect after-school snack!

CHOCOLATE 911!

easy chocolate cream pie

Hungry Girl

Sometimes you want to give in to a craving. But instead of tearing into a bag of M&Ms, make a healthy dessert you'll really enjoy. Just alternate layers of these ingredients in a small dish and you're done—yum!

1 Jell-O Sugar-Free Chocolate Pudding Snack

+

4 low-fat honey graham crackers, crushed

+

2 tablespoons Cool Whip Free

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17 EXPERTS: **Tara Ostrowe Sneag, M.S., R.D.,** a nutritionist to teens in New York, NY; **Lisa Lillien,** founder of Hungry-Girl.com.

"Tammy, I love when you send me a text message when we're in the same room." –Max, 17 LAGUNA BEACH, CA