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# **Satisfy Your Late-Night Cravings**

It is after midnight and your starving, what do you do? Do you eat the left over pizza or should you run over to Taco Bell and get a taco? Here are some healthy snacks you can eat next time you get the midnight munchies.

You've been warned against indulging your late-night hunger pangs, but when those midnight munchies strike, you can't help yourself. There's no reason not to, assures registered dietitian [Carolyn O'Neil](#). "The right midnight snack can actually be good for you." Let's see which snacks are best.

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