

# SELF

## Healthy Bites

### SELF Obsession: 100 calorie tortillas

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I'm usually wary of the 100-calorie pack. At worst, it's a pathetic cousin of your favorite food, parading as the real thing (hello, Oreo "thin crisps") or a bite-size version that leaves you wanting--and often, having--more (I'm looking at you, Hostess cupcakes). At best, it's a tolerable accompaniment to your meal that maybe allows you to have some "chips" with your sandwich. That's why I was shocked when I encountered a 100-calorie item I was able to adore without reservation...

**La Tortilla Factory's 100 Calorie Tortillas.** These full-sized tortillas come in a 100% whole wheat variety (SELF's pick, of course) and contain 8g of fiber, 5g of protein, and no saturated fat. Plus, they're just as big, hearty, and yummy as a "regular" tortilla -- this is seriously the easiest swap you'll ever make!

Try one to transform your dinky salad or blah leftovers into a whole new creation that has a lot more nutrients and not a lot more calories.

**What do you like to throw in your tortilla? What other 100-calorie products do you think are worth it?**

--Stephanie Kaplan, Editorial Intern

