

Click to verify

























Who doesn't love a pack of Oreos? Imagine a sunny evening, sitting in front of the TV, binge-watching your favorite show, and snacking on some delicious Oreos. Sounds lovely, doesn't it? Of course, it does, which is why people always pick up a few packets of it in every grocery shopping. But keeping in mind the simple theory of Marginal Utility from economics, you are bound to get bored of it after some time. In such cases, one might even toss the packets of Oreos at the back of the pantry, forgetting about them for months. That causes them to go bad eventually. Since Oreos have a limited shelf life, it is necessary to understand how fast they can go bad. This can help you be more mindful of your purchases to avoid such situations in the future. How Long Do Oreos Last? Determining how long Oreos will last depends on their condition. How long do Oreos last unopened? First things first, read the expiry date on the package. It is very important information that many seem to ignore bluntly. Once you've read the expiry date and got the relevant information, you can now get a sense of how long your Oreos will last. However, if your Oreos have passed their expiry date, there is no need to panic. You can still consume them for a couple of weeks. All cookies last at least for a good 9+ months, and no, Oreos are no different, as long as the packet is unopened. How long do Oreos last once opened? If you have opened your pack of Oreos, you can consume this even after two weeks. They will not go bad. However, the crunchiness of the cookies is sure to be compromised. If you have an open pack of Oreos and you can't find yourself to finish the entire pack, store them in an airtight container. Keeping Oreos in airtight containers will keep their delicious taste and flavor alive. This will help keep the crunchiness of the cookies alive and not let them get blah or soggy. How long do chocolate-covered Oreos last? If you have a sweet tooth, chances are you have chocolate-covered Oreos in your pantry or refrigerator. If yes, you must know that such Oreos will not last for more than 2 weeks, given that they are stored in an airtight container and stowed in the refrigerator. How long do Oreos last in the fridge? If the packet of Oreos is unopened, you can expect it to last for a few months, even after its best-by date. Once you open the packet, they will only last for 2 weeks in the fridge. How To Tell If Oreos Have Gone Bad? It does not take a genius to tell if Oreos have gone bad. If you are wondering what the easiest way is to tell if Oreos have gone bad, stick around and continue reading. The easiest ways to tell if Oreos have gone bad are like this: Foul Smell: The easiest way to tell if Oreos have gone bad is through their smell. If they have a weird smell coming from them, don't think twice. Toss those cookies right out. Moldy: If your Oreos look any kind of moldy, it's a wake-up call and a huge red flag to throw them out. Taste Stale: If your Oreos taste off, stale, or nothing like fresh, yummy Oreos, then it is sure that the Oreos have gone bad. Can You Eat Oreos After the Expiration Date? Is it okay to use expired Oreos? Like most packaged snacks, Oreos come with a best-by date. Do note that this is not an expiration date and Oreos are safe to eat, even past the date. The only difference is that the quality might deteriorate after it. One might notice changes in terms of taste, smell, and consistency. But consuming expired Oreos will not make you sick, especially if they do not have any signs of mold. If you have consumed moldy Oreos, there is no need to panic. Have some lemon juice and call it a day. Watch out for signs of diarrhea or nausea and consult your nearest doctor. How To Store Oreos To Extend Their Shelf Life? The best and most sensible thing to do to store Oreos so they can increase their shelf life is by knowing how to store them. Oreos are cookies. Most of their taste lies in their perfect crunchiness. Storing them in airtight containers, jars, or bottles will help extend their shelf life to a great extent. If you have opened your pack of Oreos and you are finding yourself unable to finish it, then you can use your Oreos wisely. Make desserts out of it. Be it milkshakes, oreo cheesecakes. If you have opened your pack of Oreos, you can consume this even after two weeks. By doing this, you can store Oreos for at least 9 months or more. How long can you store homemade Oreos? While that was all about store-bought Oreos, let us go to homemade Oreos. Since homemade Oreos do not contain any sort of preservatives, you must freeze them. This will make them last for at least 2 weeks. But wait, can Oreos be frozen? Well, let's find out how! Can You Freeze Oreo Cookies? Yes, you can freeze Oreo cookies. The process is pretty straightforward, and it helps you preserve them for up to 8 months. Freezing Oreo Cookies in Original Packaging If the Oreos are in their original packaging, you can follow these steps: If the Oreo cookies are unsealed, you can simply place them in the freezer. If they are opened, you must wrap them with plastic wrap and place them in the freezer. Ensure that they are placed in a place where they remain safe from getting crushed. Freezing Oreo Cookies in a Different Packaging If you can't seem to find the original packaging of Oreo cookies, you can follow these steps: Segregate the cookies into small batches. Transfer them into an airtight container or freezer-safe bags. Seal and label them. Place them in the freezer. In both cases, the Oreo cookies will not last for more than 8 months. The best way to thaw frozen Oreo cookies is to keep them at room temperature for a few hours. This will retain its quality and taste without making them brittle. What are the Alternatives to Oreos if it has gone bad? In case your Oreos have gone bad, but you need to serve something to your kids and their friends, you can try the following cookies: Organic Sandwich Cookies By Tasty Brand Kinikinnick Knitoots Graham Crackers Trador Joe's Joe Joes Chocolate Sandwich Creams By 365 Whole Foods Market FAQs Can expired Oreos make you sick? No, the chances of falling sick by consuming expired Oreos are slim to none unless they have mold. One might feel a difference in terms of taste and crunchiness, but nothing severe. Should Oreos be refrigerated? If you are planning to use Oreos for a long period, it is best to refrigerate them. It shall ensure a longer shelf life without messing up with the quality. How long can Oreos sit out? Oreos will last for 2-3 weeks after their best-by date at room temperature, given that they are unopened. If you want to store an open pack of Oreos, you must either seal them or transfer them to an airtight container. Conclusion Tossing out a packet of your favorite Oreo cookies is not something that anybody would like. But such situations can be avoided by keeping in mind the best-by date and undertaking a few storage techniques. Yes, it does a few extra care steps. But hey, the crunchiness and sweet taste of those delicious Oreo cookies certainly makes up for it, doesn't it? Let us know your experience with Oreo cookies in the comments below! We'd love to hear from you. When it comes to cookies, few brands ring as true as Oreos. These delightful sandwiched treats have carved a niche in the hearts and stomachs of millions. But amidst all the joy they bring, a lingering question often arises: Are Oreos healthy? In this comprehensive article, we will explore the nutritional composition of Oreos, delve into the ingredients, examine their health impacts, and ultimately assist you in making informed choices about indulging in this iconic snack.The Nutritional Breakdown of OreosTo truly understand whether Oreos can be deemed healthy, we must first examine their nutritional profile. A single serving of three Oreo cookies (about 34 grams) contains the following:NutrientAmount per Serving (3 Cookies)Calories160Total Fat7gSaturated Fat2.5gTrans Fat0gCholesterol0mgSodium115mgTotal Carbohydrates25gDietary Fiber1gSugars14gProtein1gAS evident from this breakdown, Oreos are relatively high in calories and sugar while offering minimal protein and dietary fiber ingredients. What are we consuming?To further understand the health impact of Oreos, we must also examine their ingredients. Typical Oreos contain the following:SugarUnbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid)Palm oil/canola oilCocoa (processed with alkali)Leavening (baking soda and/or calcium phosphate)ChocolateSoy lecithin (an emulsifier)Vanillin (an artificial flavor)The ingredient list indicates some red flags for health-conscious individuals, particularly the high sugar content and the presence of refined flour.Oreos and Sugar: The Sweet DilemmaSugar is often heralded as the main villain in many health-related conversations. A closer inspection of Oreos reveals that a single serving contains 14 grams of sugar, which is about 28% of the recommended daily sugar intake for an average adult. What does this mean for your health?Weight Gain: Consuming high amounts of sugar can lead to increased caloric intake, which over time contributes to weight gain.Blood Sugar Levels: Rapid spikes and crashes in blood sugar levels can lead to energy regrets and cravings soon after consumption.Dental Health: Sugar is notorious for fueling cavities and other dental issues, representing yet another health concern.The Fat Factor: Are Oreos Bad for Your Heart?Upon looking at the fat content in Oreos, you will see that they contain 7 grams of total fat, with 3.5 grams being saturated fat. Here's how this may impact health:The Role of Saturated FatsIn moderation, some fats are essential for bodily functions; however, high intake of saturated fats is often linked to increased cholesterol levels. For those managing heart health, it's important to monitor such consumption.Trans Fats to AvoidWhile Oreos contain 0 grams of trans fats, it is essential to keep in mind that other processed snacks may have hidden trans fats. Always check labels, as trans fats are known for raising bad cholesterol (LDL) levels and lowering good cholesterol (HDL).What About Dietary Fiber?Dietary fiber is a component that often gets overlooked in processed snacks. Oreos contain only 1 gram of dietary fiber per serving. Fiber is critical for digestive health and plays a role in weight management. Consuming snacks low in fiber can lead to constipation and other digestive issues. Oreos are not classified as health food. They contain high amounts of sugar and saturated fat and minimal nutritional benefits. However, for many, they evoke joy and nostalgia that contribute positively to mental health. In the end, a balanced lifestyle is essential. Enjoying Oreos occasionally without guilt is perfectly fine, as long as you keep portion sizes in check and pair your indulgences with nutritious foods.Understanding nutrition and moderation will allow you to relish every moment, cookie in hand, while staying aligned with your health goals. So, are Oreos healthy? They are part of a healthy diet, but being informed and mindful about your choices is key.What are the nutritional facts of Oreos?The nutritional facts of Oreos can vary slightly depending on the specific type, but a standard serving size of three cookies (about 34 grams) typically contains around 160 calories. They also contain about 7 grams of fat, 25 grams of carbohydrates, and 1 gram of protein. Additionally, each serving has approximately 14 grams of sugar. It's important to note that these values can change with variations, such as regular vs. double-stuff or flavored versions.While Oreos can be enjoyed as a treat, they lack nutritional benefits such as vitamins and minerals. The high sugar content and processed nature of the ingredients contribute to their caloric count. It's beneficial to balance indulgent snacks like Oreos within a diet that is rich in whole foods, fruits, vegetables, and nutrient-dense options for overall health.Are Oreos vegan?Yes, Oreos are generally considered vegan-friendly since they do not contain any animal-derived ingredients. The primary ingredients include sugar, unbleached flour, cocoa, and vegetable oils. However, there is some debate over cross-contamination, as Oreos are produced in facilities that can also process milk, which might be a concern for strict vegans or those with dairy allergies.It's worth checking the packaging for any updated information or changes in ingredient sourcing. As with any processed snack, being mindful of the manufacturing processes can help consumers make informed choices while adhering to a vegan lifestyle.Can Oreos fit into a healthy diet?Oreos can certainly fit into a healthy diet if consumed in moderation. The key is to enjoy treats like Oreos as an occasional indulgence rather than a staple. Many health experts advocate for the 80/20 rule, where 80% of your diet consists of nutrient-dense foods and the other 20% includes treats and snacks that might not offer significant health benefits but provide enjoyment.Incorporating Oreos into your diet can also be about balance. Pairing them with healthier options, such as a serving of fruit or alongside a nutrient-rich meal, can help mitigate the overall impact on your diet and maintain a sense of moderation.Do Oreos contain gluten?Yes, traditional Oreos do contain gluten as they are made with wheat flour. This makes them unsuitable for those who have celiac disease or gluten sensitivity. However, Nabisco has released gluten-free versions of Oreos that cater to individuals looking to avoid gluten in their diets.If you are gluten-sensitive or have dietary restrictions regarding gluten, it's crucial to read labels carefully. The gluten-free Oreos are formulated to provide a similar taste and texture, making them a suitable alternative for those who wish to indulge while avoiding gluten.Are Oreos bad for your teeth?Oreos, like many sugary snacks, can be harmful to your dental health if consumed frequently or not followed by good oral hygiene practices. The high sugar content can contribute to tooth decay, as sugar feeds the bacteria in your mouth that produce acid, leading to cavities over time.To minimize the potential harm, it's essential to practice good dental hygiene, such as brushing and flossing regularly, especially after enjoying sweet treats. Drinking water or rinsing your mouth after consuming Oreos can also help reduce the sugar's lingering effects on your teeth.How many Oreos can you eat without feeling guilty?The number of Oreos one can eat without feeling guilty really depends on one's personal health goals, dietary habits, and how they typically balance their meals. Many nutritionists suggest enjoying a few cookies, perhaps 1-3, as a treat while keeping overall dietary habits in mind. Being mindful of portion sizes helps incorporate indulgences without excess.Listening to your body and understanding its hunger cues can also play a significant role. It's crucial to enjoy the cookies mindfully, appreciating their flavor and texture, which can help you feel satisfied without overindulging. Balance and enjoyment are key when it comes to treats like Oreos.Reddit and its partners use cookies and similar technologies to enhance your navigation, improve site usage, and assist in our marketing efforts. You can adjust or delete these cookies using the options provided, or you can accept them for a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of our services, and to assist in our marketing efforts. You can learn more about our privacy policy and how we manage your data here. We use cookies to enhance your navigation, improve site usage, and assist in our marketing efforts. You can adjust or delete these cookies using the options provided, or you can accept them for a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of our services, and to assist in our marketing efforts. You can learn more about our privacy policy and how we manage your data here. Recommended Alternative Long answer Fruit snacks come in many varieties but most are loaded with added sugar, corn syrup and modified corn starch. These snacks can elevate your glucose level and diabetics need to steer clear of them. Added sugar, corn starch and corn syrup are problematic because they provide excess calories without providing any nutritional value. These empty calories can make you gain weight and can predispose to metabolic syndrome. Metabolic syndrome is directly linked to intra-abdominal fat that can lead to type 2 diabetes, elevated blood lipids, high blood pressure and increased risk of cardiovascular events. Before you purchase fruit snacks check the label for sugar content. The American Heart Association has recommended that women try to limit their added sugar intake to 24 grams daily and men 36 grams daily. Some of these fruit snack have sugar levels close to 20 grams per recommended serving. Many of the fruit snacks contain gelatin which is used as a thickener and emulsifier. This animal protein comes from pigs and cattle so this ingredient is not vegetarian. Also look out for fruit snacks that contain artificial flavors. These are not derived from a natural source and are made from various chemical compounds to mimic food flavors. Another concern is that most fruit snacks use man made food dyes such as Red 40 and Yellow 5. Red 40 is the most widely used dye and is linked with allergic reactions and can trigger hyperactive behavior in children. Yellow 5 is also linked with allergic reactions and can trigger hyperactivity in children. Yellow 5, Yellow 6 and Red 40 contain benzidine and 4-aminobiphenyl that research has linked with cancer. Avoiding these food dyes is a wise choice. Some fruit snacks may have some nutritional value if they are actually made from real fruit. But as you research the label on the back no one needs those added sugars and toxic food dyes. Stick with the produce section when you are craving a real fruit snack that has true nutritional value, allergic reaction hyperactive behavior elevated glucose weight gain type 2 diabetes metabolic syndrome artificial flavors added sugars, corn syrup, corn starch man made food dyes gelatin-animal protein may have some vitamin value Organic Gummy Bears USDA Organic Certified Portable 0.8oz Pouches Bulk Pack - 65 Count Natural Flavors Gluten-Free Treat Learn More! Please turn your Ad Blocker off to see this content. Thank you! Kettle Brand Chips pride themselves on all natural, non-GMO products that are certified Kosher. These chips may have healthier ingredients compared to other chips on the market but depending on which variety you choose, the fat, carbohydrate and sodium content may be quite high. The other concern is how much acrylamide (a carcinogenic compound) is present and what are the potential long-term adverse health effects. Recommended Alternative Long answer Kettle Brand Chips are very popular snacks that are available in over 30 varieties. A few varieties are labeled organic but most just state "all natural ingredients and flavorings." Most Kettle Brand Chips are high in carbohydrates that can result in elevated glucose levels and a spike in insulin release. This along with the high fat content and high caloric content can lead to weight gain. Type 2 diabetes and metabolic syndrome. When intra-abdominal fat forms, this "toxic soup" can predispose to a combination of high blood lipids, high blood pressure, Type 2 diabetes and a higher risk of cardiovascular disease - also known as metabolic syndrome. The other problem with rising and crashing glucose levels is this can leave you feeling hungry which can lead to overeating and continued weight gain. Although the fat found in Kettle Brand Chips are mostly the healthy variety, these polysaturated and monosaturated fats still carry calories that lead to weight gain. One advantage is that Kettle Brand Chips contain no trans fats. According to a 2017 study published in The American Journal of Clinical Nutrition, individuals that ate fried potatoes (chips, french fries or hash browns) two or more times a week appeared to double their risk of death from all causes. Eating potatoes that were not fried was not found to increase mortality risk. The initial study was focused on evaluating 4,400 people over the course of eight years to monitor the effects of osteoarthritis. The researchers then decided to evaluate the effect of potato consumption in this same group. In this purely observational study, the data demonstrated double the risk of death over the course of the study if fried potatoes were consumed two or more times a week. Because this was an observational study and not a controlled trial it is not clear if fried potatoes were the main culprit associated with higher mortality. According to the National Potato Council, Americans in 2014 ate an average of 112 pounds of potatoes yearly with 33 pounds being fresh and 78 pounds being processed. According to the Centers for Disease Control 9.3% of Americans carried the diagnosis for Type 2 diabetes that same year and these percentages continue to climb. According to a publication in the British Medical Journal eating four or more servings of boiled or mashed potatoes increased high blood pressure risk by 11% but fried potatoes in the same amounts increased the risk by 17%. Kettle Brand Chips (depending on the variety) may contain high levels of sodium which can predispose to high blood pressure, swelling (edema) and risk of cardiovascular disease. The other concern when frying these chips is that a byproduct of processing is acrylamide - a carcinogenic compound that is created when the starchy potatoes are fried at high temperatures. To their benefit, Kettle Brand Chips lowered their acrylamide levels by 87% between 2005 to 2011. It is still unclear how much acrylamide is a safe amount over a long period of time. In 2013 the U.S. Food and Drug Administration recommended that people cut back on food that is high in acrylamide which can include coffee, bread products, cereals and cookies. Some Kettle Brand Chips are vegan and gluten-free but checking the label is important because some of the varieties do not meet these standards. The main issue is that the manufacturing process may involve facilities that also produce dairy and/or gluten-containing products. In general Kettle Brand Chips are high in fat, carbohydrates and calories. The multiple varieties of flavors have become extremely popular to individuals that love processed snacks. The recommendation is to enjoy in extreme moderation and for healthier alternatives choose homemade baked chips that are low in fat and sodium and come from vegetables that are low in carbohydrates - zucchini, cucumber, kale and tomato. elevated glucose elevated blood pressure headache swelling (edema) weight gain metabolic syndrome sea salt acrylamide from frying the potatoes possible gluten and/or dairy cross-contamination non-gmo certified kosher some organic varieties no trans fats organic low carb, low fat, low calorie vegetable chips Bare Natural Apple Chips Gluten-free snack Baked, not fried Contains 6 bags No added sugar Crunchy & Flavorful Learn More! Please turn your Ad Blocker off to see this content. Thank you! Thank you for your feedback! Written by Dr. Becky Maes Published on: 07-03-2018 Last updated: 12-15-2023 Thank you for your feedback! Written by Dr. Becky Maes Published on: 07-03-2018 Last updated: 12-15-2023 Empty calories High fructose corn syrup Sugar Vanilla Rice cakes Fruit and yogurt parfait Dark chocolate Almonds Vegetable sticks with hummus Did you know...? Is eating Oreos considered healthy?Does consuming excessive Oreos potentially lead to type 2 diabetes?Do Oreos contain high fructose corn syrup? Oreos are the best-selling cookies in the history of the world. Certainly, most people agree they are delicious. But how bad are Oreos for you? Do they have any health benefits, or are they completely bad news? Oreos are not a very healthy snack, as the main ingredients are processed flour, sugar, and oil. Oreos have 14 grams of sugar per serving, which is higher than most other cookie brands. Oreos have less than 1 gram of fiber per serving. Below, we'll look at Oreos nutrition in detail—with and without the cream. We'll analyze the ingredients and sugar content, and we'll explore whether Oreos cause weight gain. We'll see how they compare to Chips Ahoy, whether they're bad for your skin, and more! Below are the 14 questions I've answered about Oreos nutrition. Click to skip to any section, or keep reading for the full analysis: Let's start by looking at the ingredients. There are many kinds of Oreos, but we'll be looking at four of their popular products as a sample. I'll share my takeaways below the label: Oreos FlavoringredientsOreos (Classic)Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate Vitamin B1, Riboflavin Vitamin B2, Folic Acid), Sugar, Palm And/Or Canola Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Leavening (Baking Soda And/Or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor:Golden OreosUnbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Canola And/Or Palm Oil, High Fructose Corn Syrup, Salt, Baking Soda, Soy Lecithin, Artificial Flavor, Natural Flavor,Gluten Free OreosSugar, White Rice Flour, Tapioca Starch, Palm Oil, Canola Oil, Whole Oat Flour, Cornstarch, Cocoa (Processed With Alkali), Invert Sugar, Soy Lecithin, Baking Soda, Salt, Xanthan Gum, Chocolate, Artificial Flavor,Oreo ThinSugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Palm Oil, Soybean And/Or Canola Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Salt, Soy Lecithin, Baking Soda, Chocolate, Artificial Flavor.Oreos Ingredients Here's what I notice about these ingredients: Oreos are made with refined flour. Most Oreos have "unbleached enriched flour," which is a highly processed ingredient. Unlike whole wheat, it has most of its fiber removed. This lowers the nutritional value, making it mostly empty calories. Gluten Free Oreos have some whole oat flour, but their main flour is white rice flour. Oreos have added sugar and high fructose corn syrup. Sugar may be the worst thing about Oreos, nutritionally. Not to mention, Oreos have other potentially high-glycemic index ingredients, too, like processed flour. This could cause large blood sugar spikes for many people. See below for more on Oreo's sugar content. Oreos have vegetable oil. Oreos contain canola oil and/or palm oil, depending on the flavor. These oils are highly processed, high in calories, and relatively low in nutrients. Palm oil also adds some saturated fat, which most health authorities recommend limiting. Read more below on whether Oreos are bad for your heart. Oreos have cocoa. This is kind of obvious, but it's worth mentioning, because cocoa powder is actually a healthy ingredient by itself. There are healthy ways to eat chocolate. (Unfortunately, Oreos just come with a lot of sugar, too!) Overall, the main ingredients in Oreos are essentially processed flour, sugar, and oil. This is not a recipe for a healthy snack. However, let's dig deeper into the details. The sugar is probably the worst aspect of Oreos nutrition, so let's look more closely at that next. Oreos have around 14g of total sugar per serving, or 4.7g of sugar per cookie. About 60% of that sugar is found in the cream—the rest is in the chocolate wafers. The American Heart Association recommends a daily sugar limit of 25g for women or 36g for men. So, five Oreo cookies would use up most of your daily sugar intake for women, and seven and a half Oreos for men. Here is a table comparing the sugar content of Oreos to other cookie brands: CookieServing SizeTotal Sugars Oreo (Classic)3 cookies (34g)14gGolden Oreo3 cookies (34g)11gOreo Thin4 cookies (29g)12gDouble Stuff Oreo2 cookies (29g)13gChips Ahoy! Original3 cookies (33g)11gNutter Butter2 cookies (28g)9gNilla Wafers8 wafers (30g)11gHow Much Sugar in Cookies? Comparison Chart. Any amount of added sugar should likely be viewed as a negative, as it is not needed for health, and it's taking up space in your diet that could be filled with more nutritious foods. Another thing to consider is the processed flour in Oreos. This refined flour is high on the glycemic index. That means it can quickly turn into sugar in your body, and it can contribute to blood-sugar spikes, even though it's not listed as "sugar" on the label. Oreos can potentially lead to weight gain, as they have several high-calorie ingredients like sugar, enriched flour, and vegetable oil. They are also low in protein and fiber, so they may be less filling than other snacks. However, Oreos can still be eaten in moderation on a weight-loss diet. Remember: The most important thing for weight loss is your total caloric balance. And if you want to make weight loss easier, the best things to eat are foods with a low caloric density. Low-calorie-density foods are typically high in fiber and water. Think vegetables, fruits, whole grains, and beans. They fill up your stomach and help you feel full on fewer calories. (Protein also helps you feel more full.) Oreos are basically the opposite. They are full of calorically dense ingredients like refined flour, sugar, and oil. However, it is still possible to lose weight while eating some Oreos. Can you eat Oreos on a diet? Of course you can, in moderation. Eating 3 Oreos will not make you fat. But eating 3 after every meal might. It's all about the big picture. In general, one food will not make or break your diet. Portion sizes and total caloric balance are the most important factors when trying to lose weight. Related Questions: How many calories are in 1 Oreo? Each regular Oreo has about 58 calories. Double Stuff Oreos have about 70 calories each. Oreo Thins have about 35 calories each. Which part of the Oreo has more calories? The cream of an Oreo has more calories than the wafers. The cream has about 36 calories per cookie, and the chocolate wafers have 22 calories. (source) To burn off the calories from one Oreo (around 58 calories), most people would need to run or walk about half a mile. There's a general rule of thumb that you can burn about 100 calories from each mile you run. That rule actually applies whether you are running fast or slow—and even if you're walking. It's been tested, and it holds true. (source) Each normal Oreo has ~58 calories, so that's about a half a mile to burn off an Oreo. Alternatively, you could do 5-7 minutes of some other vigorous exercise. For example, burpees, cycling, or walking up stairs can burn 58 calories in around that time. Oreos have less than 1 gram of dietary fiber per serving. This makes Oreos a low-fiber snack. In my opinion, this is one of the big failings of Oreos. Most people don't eat enough fiber, and it's a big key to improving your nutrition. Low-fiber snacks often spike blood sugar more and fill you up less, potentially leading to overeating. And if your diet is low in fiber overall, that can cause more problems. That said, if you're on a low-fiber diet for any specific reason, then this could be a plus. Looking for a sign that it's time to take charge of your diet? This is it. Watch the Food or Health Masterclass—completely free—and discover the 10 surprising nutrition breakthroughs everyone should know. Reserve your free spot here! Most Oreos flavors have between 90mg and 135mg of sodium per serving (3 cookies). This is a pretty normal range for cookies. Chips Ahoy and Nilla Wafers have around the same sodium content per serving. For reference: The American Heart Association recommends limiting sodium to 2,300mg per day. But they are "moving toward an ideal limit" of only 1,500mg per day. That would still be over 33 Oreo cookies. So, Oreos are not that horrible when it comes to sodium. Our understanding of the relationship between diet and acne is still evolving. But increasingly, there is significant evidence that diet does play a big role in acne. And there are a couple foods that are widely acknowledged as problematic. The first big problem food for acne is dairy: Milk, cheese, ice cream, and so on. So if you're eating your Oreos with cow's milk, that could already be aggravating your acne. But the second acne problem food is even more relevant to Oreos: Sugar. As covered above, Oreos have a fair amount of sugar in each serving (14 grams). Plus they have more processed carbs from the grain-based flour, which may increase acne, too. Milk and sugar are suspected to affect acne through similar mechanisms. It has to do with your body's insulin response. Your body's use of insulin is affected by eating dairy foods and also by spikes in your blood sugar from high-glycemic carbs. (source) Interestingly, this means that for many people with acne, reducing acne is about stabilizing your blood-sugar levels. And often, that means cutting out high-GI carbs like those in Oreos—or at least minimizing them. So, are Oreos bad for your skin? Do Oreos cause pimples? Well, for many people, yes, they may. But acne science is still a developing field. If you want to learn more, I wrote more about how to clear your acne in this big blog post. How Oreos affect your body will depend on your overall diet. If you only eat one or two Oreos daily—and if your lifestyle is healthy overall—then you may not face any bad consequences. However, if you eat large portions of Oreos—and if your overall diet and lifestyle is unhealthy—that could cause bad consequences long-term. What kind of specific issues? Well... Eating Oreos may spike your blood sugar. Blood sugar spikes can have many negative short- and long-term effects. These can potentially include: Lethargy ("sugar crash") and hunger; Insulin resistance and type-2 diabetes; Hardening of the blood vessels, leading to increased risk of heart disease and stroke. Also, Oreos may lead you to eat excess calories. Since they are a processed food with high-calorie-density, they are easy to overeat. And if you overeat calories too often, you could have weight gain and associated health issues. And if your diet is consistently high in sugar, that comes with documented risks, as well. High-sugar diets are observed to raise blood sugar levels, triglycerides, blood pressure, heart disease risk, and obesity risk. (source) So, is it bad to eat Oreos every day? It depends on your overall diet. Eating one Oreo per day may be totally fine for most people. But eating a large plate of them every day is certainly not very healthy. Related question: How many Oreos should you eat a day? How many Oreos is too much? One famous nutrition author, Joel Furhman, M.D., has recommended a "life plan" of eating healthy with 90% of your calories—the last 10% can include stuff like cookies, if you wish. So for a 2,000 calorie diet, that'd be 200 calories of "junk" allowed, which is ~4 Oreos, if the rest of your diet is healthy. Oreos could be bad for your heart, if eaten as part of a high-sugar diet. High-sugar diets have been shown to raise blood sugar levels, triglycerides, blood pressure, heart disease risk, and obesity risk. (source) The American Heart Association recommends a limit of 25g of sugar per day for women and 36g per day for men. It would only take about 5-8 Oreos to reach those limits, and that's if you're not consuming any other sugar all day long. What about the issue of saturated fat? The American Heart Association also recommends limiting saturated fat to reduce heart disease risk. For someone with a 2,000 calorie diet, the AHA recommends only 13g of saturated fat per day. One serving of Oreos (3 cookies) has 2g of saturated fat. So, Oreos are not dangerously high in saturated fat—but be aware if you're eating multiple servings. Related question: Are Oreos high in cholesterol? Oreos do not contain dietary cholesterol. When looking at foods for muscle building and bodybuilding, the two main things people discuss are usually calories and protein. How do Oreos stack up in these areas? Calories: Oreos are high in calories. So, if you're someone who struggles to eat enough calories to gain weight or build muscle, Oreos may be an option that allows you to get more calories down. Protein: Oreos are low in protein, with only 1g of protein per serving. So if you're aiming for a high-protein diet to aid in muscle synthesis, Oreos will not help your macros. From these two points, we can deduce the following: Oreos are not a great snack for a cut, since they have a lot of calories without providing much satiation, and they do not have much protein. But Oreos may be fine if you're bulking, since they can help you consume more calories, and it's generally ok to eat a lower protein diet (by percentage) during a bulk. Related question: Are Oreos good to eat after a workout? If you're going to eat Oreos, then after a workout is actually a decent time to eat them, since the high-glycemic carbs can help refill your glycogen stores. That said, a healthier source of simple carbs like fruit or whole grains could also do the job. Are Oreos good for weight gain? Oreos can be used for weight gain if they are eaten as part of a caloric surplus. But your overall daily and weekly caloric balance is what really matters. (To make Oreos even higher in calories, you can smear peanut butter or almond butter on them.) On a "per cookie" basis, the healthiest Oreo would probably be Oreo Thins. But that's mostly just because each cookie is smaller. Oreo Thins only have about 35 calories and 3g of sugar per cookie. That's compared to regular Oreos with 58 calories and 4.7g of sugar per cookie. So, yes, Oreo Thins are significantly lower in calories and sugar. However, if you eat a lot of Oreo Thins, you could end up eating the same amount of calories and sugar anyway. So, be aware of your portion sizes. Oreos without the cream have about 38% fewer calories and 60% less sugar than eating Oreos with the cream. Therefore, if you eat the same amount of cookies, it would generally be considered healthier to eat Oreos without the cream. Side Note: The USDA actually has nutrition information available for Oreo cookies without the cream. Amazing, right? And if you review that information, you'll see: The cream is the worst part of an Oreo, nutritionally. That delicious "cream" is particularly rich in sugar. Don't get me wrong: The chocolate wafers in Oreos are bad, too. They're mostly made of processed flour, oil, and sugar. But without the cream, they are at least a bit lower in calories and sugar (per cookie). Oreos have more sugar and sodium per serving than Chips Ahoy. However, Chips Ahoy have more saturated fat per serving. They have the same amount of calories. Neither cookie is healthy, as they are both highly processed. Here's a table comparing the Oreos and Chips Ahoy in several key nutrition areas: SnackServing SizeSat.FatSodiumSugarFiberOreos3 cookies (34g)2g135mg14g