

100 or Less Calorie Snacks

Snack Foods

Look for a variety of 100-calorie snack foods available in your favorite stores.

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| 6–8 ounces lite yogurt | 8 ounces lite yogurt smoothie |
| 1 ounce low-fat cheese | 1 part-skim cheese stick |
| 1/2 cup sugar-free pudding | 1 cup sugar-free hot cocoa |
| 2 tablespoons nuts | 3 cups low-fat popcorn |
| 1 serving pretzels | 1 serving baked tortilla chips |
| 5 vanilla wafers | 3 gingersnaps |
| 1 granola bar | 3 rice cakes |
| 6 mini rice cakes | 3 graham crackers |
| 10 animal crackers | 1/2 cup low sugar cereal |
| 1 100-calorie snack pack | 1 fudge bar |
| 1/2 cup sugar-free gelatin | 1 sugar-free popsicle |
| 1 sugar-free fruit ice sticks | |

Fresh Fruit and Raw Veggies

Fresh fruit and veggies always make great, low calorie good-for-you snacks.

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|---------------------|--------------------------------|
| apple | apricots |
| banana | berries - all varieties |
| broccoli florets | cantaloupe |
| cauliflower florets | baby carrots |
| celery sticks | cherries |
| cherry tomatoes | grapefruit |
| grapes | honeydew |
| kiwi | mango |
| mushrooms | nectarine |
| orange | peach |
| pear | pepper slices |
| pineapple | plum |
| radishes | raw vegetables – all varieties |
| strawberries | tangerine |
| watermelon | |

Calorie-free Beverages

Say “no” to liquid calories and drink only calorie-free beverages.

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|---------------------------|------------------------|
| water | flavored water |
| low-calorie fitness water | sparkling water |
| diet soda pop | sugar-free drink mixes |
| sugar-free drink boxes | sugar-free lemonade |
| sugar-free iced tea | unsweetened iced tea |
| herbal or flavored tea | hot tea |