



100 SNACK CHOICES

100 Calories or Less

2-3 cups popcorn (check label)	½ c. canned fruit	½ c. low fat cottage cheese
1 apple	½ c. gelatin	½ c. oatmeal
1 orange	1 c. sugar-free gelatin	1 tangerine
½ c. broth soup (check label)	3 graham crackers	½ c. cherry tomatoes
1 banana	½ c. low fat cottage cheese	½ c. fruit juice
2 c. strawberries	2 plums	1 large dill pickle
6-8 oz. fat free yogurt (check label)	8 animal crackers	8 baked tortilla chips
1 hard cooked egg	½ c. sugar free pudding with skim milk	Raw carrots
1 pear	15 Teddy Grahams	½ oz. cheese
½ c. cereal with ¼ c. milk (check label)	2 tbsp. sunflower seeds	1 c. puffed wheat cereal
8 oz. skim milk	1 pear	½ of 1 oz. Muffin
1 bunch grapes	6 oz. orange juice	¼ c. sherbet
1 whole wheat toast with 1 t. spreadable fruit	3 gingersnaps	1 c. tossed salad with 1 tbsp. dressing
1 piece string cheese	30 Goldfish crackers	¼ c. sorbet
½ ounce nuts	½ c. vanilla ice milk	3 rice cakes
1 cup blueberries	1 medium kiwi	1 c. Cheerios
1 tomato	1 oz. square cornbread	1/2c. tomato soup
6 saltine crackers	1 oz. beef jerky	1 oz. licorice
½ small (2 oz.) bagel	1 c. sugar-free hot chocolate	1 low fat muffin
Celery sticks	2 Fig Newtons	1 cucumber
Frozen juice bar	1 large pretzel	10 potato chips
½ grapefruit	6 chocolate graham crackers	15 chocolate covered raisins
1 peach	8 medium shrimp	½ c. caramel corn
1 c. raspberries	20 peanuts	5 Ritz crackers
1 c. V-8 or tomato juice	¼ c. tuna with 2 tbsp low fat mayonnaise	½ apple and 2 tsp. peanut butter
8 dried apricot halves	2 slices low fat cheese	½ c. 2% milk
Raw cauliflower	40 oyster crackers	¼ c. frozen yogurt
½ English Muffin with 1 tsp. peanut butter	1 thin slice angel cake	1 oz. skim mozzarella cheese
2 c. canteloupe	2 Tbsp. Raisins	¼ c. ice cream
2 c. watermelon	4 prunes	6 oz. regular soda
2 tbsp. Craisins	½ c. low fat chocolate milk	4 saltines with 2 tsp. peanut butter
50 small pretzel sticks	10 Wheat Thins	6 vanilla wafers
	6 Melba Toast	4 Hershey Kisses