

100 or Less Calorie Snacks

Snack Foods

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

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.

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.

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	

