



## Snacks—100 Calories or Less

A healthy eating plan:

- emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- includes lean meats, poultry, fish, beans, eggs, and nuts; and
- is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan and each has 100 or fewer calories. The key thing is to **pay attention to portion sizes**. Larger portions mean more calories.

Amount	Fruits	Calories
1 large	orange	100
½ large	grapefruit	53
1 medium	apple	72
1 small	banana	90
1	frozen fruit bar	67
¼ cup	raisins	84
½ cup	canned fruit cocktail, in own juice	62
½ cup	orange juice	54
½ cup	red seedless grapes	52
1 cup	whole strawberries	46

Amount	Vegetables	Calories
1 cup	low-sodium vegetable juice	53
1 cup	cherry or grape tomatoes	27
1 cup	raw cauliflower	25
2 cups	assorted vegetables (1 cup broccoli florets/1 cup sliced red pepper with 2 tbsp. fat-free ranch dressing)	89
2¼ cups	salad (2 cups green/red leafy lettuce, ¼ cup cucumber slices, 2 wedges tomato, 2 tbsp. fat-free Italian dressing)	39
5	baby carrots	18
5 rings	green pepper	10
10 small	celery sticks	6

Other Ideas	Calories
1 6-inch corn tortilla with 1 ounce low-fat cheddar cheese, melted	100
5 celery sticks with 1 tbsp. peanut butter	100
2 tbsp. light cream cheese on ½ English muffin	100
8 baked tortilla chips, with 3 tbsp. salsa	86
10 almonds, unsalted	80
½ ounce sunflower seeds, unsalted	78

Amount	Bread, Cereals, Grains, Rice, and Pasta	Calories
½ cup	oat circles breakfast cereal	54
½	whole-wheat bagel (3½ inches in diameter)	90
½	cinnamon raisin English muffin with 1 tsp. of jam	68
3 cups	air-popped popcorn	90
4	whole-wheat crackers, unsalted	71
2	graham cracker squares	60
2	brown rice and multigrain rice cakes	70
2	gingersnaps	60
1	fig bar	56

Amount	Milk, Cheese, Yogurt	Calories
½ cup	fat-free vanilla yogurt	96
½ cup	fat-free frozen yogurt	99
½ cup	1% low-fat cottage cheese	81
1 cup	fat-free milk	91
4 ounces	fat-free chocolate pudding	100
1 ounce	part-skim mozzarella string cheese	72
1 ounce	low-fat cheddar cheese	49

Amount	Meat, Chicken, Fish, Beans, Eggs	Calories
3 ounces	water-packed tuna	99
2 ounces	turkey breast	84
8 large	fresh or frozen steamed shrimp	44
1 large	hardboiled egg	78
3 tbsp.	hummus	69

Source: USDA National Nutrient Database for Standard Reference, Release 19