



100 Calorie Snack Ideas

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 is to pay attention to portion sizes. Larger portions mean more calories.

- 1 cup red seedless grapes - 100



- ½ medium cantaloupe - 100

- 1 cup fresh raspberries - 60



- ¼ cup raisins - 80

- 2 cups sliced fresh strawberries - 100

- 1 cup raw broccoli and 2 T. low fat Ranch Salad Dressing - 75



- 10 unsalted pecan halves - 100

- 25 baby carrots - 100

- 14 unsalted almonds - 100



- 1 banana - 90

- 1 medium apple - 70

- 1 cup blueberries - 80



- 5 apricots - 90

- 18 mini pretzels, unsalted - 100

- 5 whole wheat crackers, unsalted - 100

- ½ cup 1% fat cottage cheese - 80

- 1 cup oat circles breakfast cereal - 100

- 15 unsalted dry roasted peanuts - 90

- 3 cups air-popped popcorn - 90

- 1 oz. low fat string cheese - 80

- 2 oz. turkey breast - 84

- 8 large steamed shrimp - 100

- 1 hard-boiled egg - 80

- 6 oz. light/nonfat yogurt - 80

- 5 celery sticks with 1 T. peanut butter - 100



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