

100-150 Calorie Snack Ideas

Spreading your calories throughout the day means you will be able to enjoy a mid-morning and mid-afternoon snack. Small, nutritious healthy snacks can help keep blood sugar and insulin levels in control, which in turn can help curb food cravings and create more consistent energy levels throughout the day.

- 8 almonds and a small apple
- 1 hard boiled egg and 2 carrots
- String cheese and 3 whole grain crackers
- ½ cup low fat cottage cheese and ½ cup sliced strawberries
- 1 slice “light” whole grain bread with 1 TB peanut butter
- 1 low sugar, whole grain (at least 3g fiber) granola bar, like Kashi
- 3 whole grain Triscuits and ½ ounce of cheese
- A large dill pickle wrapped with a thin slice of ham or a thin slice of Swiss cheese
- 3 Tb hummus and ½ cup raw cucumber and 1 carrot
- 4-6-ounces of yogurt. Try low-fat Greek style yogurt for extra protein!
- 1 cup unsweetened applesauce topped with cinnamon and 1 Tb walnuts
- String cheese with a small piece of fruit or a 3 whole-grain crackers
- Individual packs of carrots, celery sticks, or apple slices, with a protein source like a tablespoon of nuts, nut butter, or low-fat cheese
- 2 standard size pretzel sticks and 1 string cheese
- ½ cup Kashi Go Lean cereal with ½ cup skim milk or low-fat yogurt
- Three cups air-popped popcorn sprinkled with 2 tablespoons grated parmesan cheese
- 8 oz “skinny” latte made with low fat or skim milk and 10 almonds
- ½ cup low-fat cottage cheese and 3 whole-grain crackers
- ½ cup high-fiber dry cereal with a few nuts or seeds and dried fruit
- One ounce of lean meat and 3 whole-grain crackers
- One cup tomato soup with 3 whole-grain crackers
- Veggie snack: 4 baby carrots, 8 sugar snap peas (or green pepper strips), 4 cherry tomatoes and 1 tablespoons reduced-fat ranch dressing for dipping
- Mini-sandwich: ½ whole-grain dinner roll, 1 thin slice deli turkey, 1 thin slice low-fat cheese, mustard
- One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa
- Toaster waffle topped with ¼ cup blueberries and 2 tablespoons low-fat yogurt

