



Healthy snacks under 100 calories

1. Whole grain toast with fresh avocado
2. Whole grain toast with almond or peanut butter
3. Whole grain toast with two slices of deli turkey
4. Whole grain crackers 5-12 (depending on the brand)
5. Rice cake with almond or peanut butter
6. Granola (3 tablespoons)
7. Quinoa (1/3 cup)
8. Popcorn plain air-popped (3 cups)
9. Raw almonds (one handful)
10. Hard-boiled egg
11. Low-fat yogurt (1/2 cup) with fresh fruit
12. Low-fat cottage cheese (1/2 cup) with fresh fruit
13. Celery with almond or peanut butter
14. Raw veggies with hummus
15. Apple or banana
16. Kiwi (medium size) x 2
17. Blueberries (1 cup)
18. Grapes (1 cup)
19. Vegetable soup low-fat (1 cup)
20. Watermelon salad (1 cup spinach with 3/4 cup watermelon)