

## 100 Calorie Snack Ideas

*This list gives ideas for what approximately 100 calories looks like.*

- ½ plain whole grain bagel
- 2 small oatbites (oats, almond butter, pumpkin seeds, flax seeds, honey rolled together)
- 2 fig type cookies
- 20 mini-pretzels (quick burst energy)
- 1 slice of whole grain bread with 1 tsp nut butter (longer sustained energy)
- 1 medium banana
- ½ banana with 2 tsp of peanut butter spread on it
- 1 large grapefruit
- 1 large apple
- 3 small peaches
- 25 seedless grapes
- ½ cantaloupe with ¼ cup granola topping
- ½ cup sweetened applesauce with ¼ cup berries
- ½ cup cottage cheese with ¼ cup fruit
- 6 oz low fat yogurt (120 cal) Try Soy or Coconut yogurt
- ½ cup (4oz) ice cream (110 cal) Watch portions, ½ cup isn't very big
- 4 squares of graham crackers
- 20 yogurt raisins
- 1 piece string cheese and 5 crackers
- 1 cup soy or almond milk blended with ½ cup frozen peaches (120 cal)
- 1 large orange (2 Clementines)
- 5 dried apricots
- 1.5 cups regular popcorn
- 1 cup sweet red pepper slices with 3 tbs hummus
- 1 cup baby carrots with 1.5 tbs of ranch dressing



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