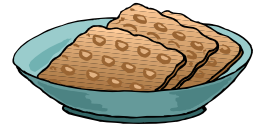
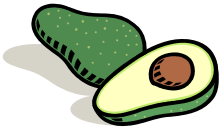
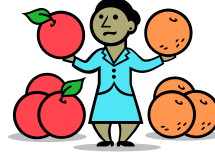


100 Calorie Snacks: 20 Choices

Need some ideas? To get you started on the road to calorie-controlled snacking, try the following suggestions for healthy 100-calorie munchies:

1. Half an apple with 2 teaspoons of peanut butter
2. An orange and a few dry-roasted nuts
3. 10 cashew nuts
4. 10 almonds
5. 2 ounces of lean roast beef
6. Half a small avocado
7. 3 ounces cooked whole-grain noodles with 1 fresh tomato and ½ ounce hard cheese
8. 1 seven-grain Belgian waffle
9. 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
10. 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
11. ¼ cup fat-free ranch dressing with mixed raw veggies
12. 6 Wheat Thins® crackers with two teaspoons of peanut butter (or any nut butter)
13. 1 small baked potato with ½ cup salsa and 2 tablespoons of fat-free sour cream
14. ⅓ cup of unsweetened applesauce with 1 slice of whole-wheat toast, cut into 4 strips for dunking
15. ½ cup frozen orange juice, eaten as sorbet
16. 2 large graham cracker squares with 1 teaspoon peanut butter
17. 3 handfuls of unbuttered popcorn, seasoned with herbs
18. 4-6 ounces of no-fat or low-fat yogurt
19. A 5-ounce tossed salad with lettuce, tomato, cucumber and ¼ cup fat-free dressing
20. Half a "finger" of string cheese with 4 whole-wheat crackers



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