

100 Calorie Snacks

Keep snacks small & cut in half!! Cutting out 100 calories a day from snacking can mean a 10 pound weight loss over a year!

Need some help getting started? Try some of these 100 calorie snacks...



1. ½ apple with 2 teaspoons of peanut butter
2. Orange with a few roasted nuts (4-6)
3. 10 cashew nuts or almonds
4. ½ small avocado
5. ½ cup frozen yogurt with ½ cup mixed berries
6. 4-6 ounces of low-fat yogurt
7. 4 mini rice cakes with 1 Tbsp honey
8. ½ turkey sandwich (1 ounce deli turkey on whole-wheat toast)
9. 6 Wheat Thins crackers with two teaspoons of peanut butter
10. ¼ cup fat-free ranch dressing with mixed vegetables
11. Half a “finger” of string cheese with 4 whole-wheat crackers
12. 2 large graham crackers with 1 teaspoon peanut butter
13. 3 ounces low-fat cottage cheese with 3 whole-wheat crackers
14. 3 handfuls of unbuttered popcorn, seasoned with herbs
15. 1 seven-grain Belgian waffle
16. 1 small baked potato with ½ cup salsa and 2 Tbsp fat-free sour cream
17. 1 ounce 2% cheddar cheese with ½ fresh pear