



100 or Less Calorie Snacks

Snack Foods

Look for a variety of 100-calorie snack foods available in your favorite stores.

6–8 ounces lite yogurt	8 ounces lite yogurt smoothie	1 ounce low-fat cheese
1 part-skim cheese stick	1/2 cup sugar-free pudding	1 cup sugar-free hot cocoa
2 tablespoons nuts	3 cups low-fat popcorn	1 serving pretzels
1 serving baked tortilla chips	5 vanilla wafers	3 gingersnaps
1 granola bar	3 rice cakes	6 mini rice cakes
3 graham crackers	10 animal crackers	1/2 cup low sugar cereal
1 100-calorie snack pack	1 fudge bar	1/2 cup sugar-free gelatin
1 sugar-free popsicle	1 sugar-free fruit ice sticks	

Fresh Fruit and Raw Veggies

Fresh fruit and veggies always make great, low-calorie good-for-you snacks.

apple	apricots	banana
berries - all varieties	broccoli florets	cantaloupe
cauliflower florets	baby carrots	celery sticks
cherries	cherry tomatoes	grapefruit
grapes	honeydew	kiwi
mango	mushrooms	nectarine
orange	peach	pear
pepper slices	pineapple	plum
radishes	raw vegetables – all varieties	strawberries
tangerine	watermelon	

Calorie-free Beverages

Say “no” to liquid calories and drink only calorie-free beverages.

6–8 ounces lite yogurt	8 ounces lite yogurt smoothie	1 ounce low-fat cheese
water	flavored water	low-calorie fitness water
sparkling water	diet soda pop	sugar-free drink mixes
sugar-free drink boxes	sugar-free lemonade	sugar-free iced tea
unsweetened iced tea	herbal or flavored tea hot tea	

