

Calorie Controlled Savory and Sweet Snacks

(100- 200 calories each)

Processed snacks are everywhere in our environment! Unfortunately, these foods are typically very high in calories, unhealthy fat, sodium, sugar and refined grains. Keep these types of snacks in good portion control and consume 1 or less servings per day.

Processed Sweet Treats

- 100 calorie packets of cookies (all major food brands have these on the market)
- 100 calorie “Fun Size” chocolate bars
- 100-150 calorie frozen treats
 - Skinny Cow® fudge bars, ice cream sandwiches or cones (140-150 calories)
 - Edy’s® Whole Fruit bars (80-120 calories)
 - Trader Joe’s® fruit flos bar (80 calories)
 - Healthy Choice® fudge bar (80 calories)
 - Stonyfield® Oikos Organic Nonfat Greek Frozen Yogurt (1/2 cup = 90 calories)
 - Arctic Zero® (1/2 cup = 35 calories)\
 - Diana’s Bananas® (1 = 130 calories)
 - Smart Ones® Desserts (140-220 calories)
 - Tofutti® bars (130 calories)
 - Weight Watchers® Desserts (1 or 2 points)
 - Sugar-free popsicles
 - Edy’s ® Outshine coconut water bars
- Pudding cup
- Jell-O® cup
- Sugar-free Jell-O® cup with ¼ cup (1 dollop) low fat whipped topping
- VitaTops® muffin (100 calories; found in freezer section)
- Snack bars (contain higher amounts of protein and fiber than other bars)
 - Luna®
 - SouthBeach® diet Bar (100-120 calories)
 - Atkins® Snack Bar (130 calories)
 - Trader Joe’s® Fiberful Bars
 - Slimfast® Snack Bar (120 calories)
 - Glucerna® Snack Bar (mini =90 calories, regular = 150 calories)
 - Fiber One® Chewy Bars (Oats and Peanut Butter OR Oats and Chocolate = 140-150 calories)
 - Trader Joe’s® Fiberful Bars
 - Snackwell’s® bar (130 calories)

Processed Savory Snacks

- Snap Pea Crisps
- Soy Crisps (~150 calories for 1.75 oz bag)
- 100-150 calorie prepackaged bag of:
 - Sun Chips®
 - Goldfish®
 - Annies® Bunnies
 - Pretzels
 - Tortilla chips
 - Potato chips
 - Doritos®/Fritos®/Cheetos®

Healthy Snack Guide (100- 200 calories each)

**** Indicates snack is a good source of protein (5 grams or more per snack)**

- **Low fat cottage cheese (4 oz. individual pack) with:
 - an individual fruit cup (no sugar added; in juice)
 - cinnamon and Splenda® or Stevia® or 1 teaspoon of honey/sugar
- **Yogurt (note: Greek style yogurt typically contains 2x protein content)
 - 6 oz. low fat/ non-fat, light yogurt or low fat plain yogurt
 - 4 oz. low fat/non fat yogurt and 1 tablespoon nuts or PB2® (powdered peanut butter)
 - 4 oz. low fat/non fat yogurt and a handful of berries
- **Banana with 2 tablespoon PB2® (powdered peanut butter)
- **Drinkable low fat yogurt or low fat Kefir
- **1 cup of regular soy milk or 1% fat milk
- **Kashi® granola bar
- **Apple with 1 Tablespoon of peanut butter or 2 Tablespoons of PB2®
- **High fiber cereal (1/4 cup) with 4 oz non fat/low fat yogurt OR ½ cup skim or soy milk
- **Pear or apple with 2 Laughing Cow® low-fat cheese Wedges
- ** 1 Laughing Cow® low-fat cheese Round with Apple
- **Fruit & Nut KIND® bar
- **String cheese (individual portion) with favorite non-starchy veggies
- **Whole grain English muffin (½) and 1 slice low fat cheese
- **Low fat cottage cheese (4 oz. individual serving) with salsa
- **1 hard-boiled egg or 2 egg whites with 1 whole grain sandwich thin
- **Simply Snackin® gourmet dried meat snacks
- **Turkey slices (3), tomato/cucumber/mustard
- **Cool Cuts® celery with peanut butter
- **Nuts (e.g. walnuts, cashews, almonds, pepitas) – a small handful (no/light salt;~180-200 calories) or 100 calorie packet (Planters® or Diamond®)
- **Edamame (1/2 cup shelled 130 calories)
- **Soynuts (a handful)
- **100 calorie snack pack of Hummus with veggies (e.g. peapods, grape tomatoes, celery or baby carrots)
- **Cucumbers with Laughing Cow® Cheese (2 wedges: 70 calories)
- Packet of lower sugar oatmeal; try **Kashi® Go Lean vanilla
- 1 cup of UNSWEETENED Applesauce; sprinkle with cinnamon
- Frozen Fruit
- 100 calorie bags of kettle corn popcorn
- Whole grain crackers (RyKrisp®, Wasa®) with low sugar jam
- LARA® bar
- Low sodium V8® (4 -8 ounces)
- Artichoke hearts out of the can (rinse to reduce sodium content)
- La Tortilla Factory® 100% whole grain or Corn tortilla or 100% whole grain pita (1) and hummus(2 tablespoons)
- Grimmway Farms® “carrot dippers” (includes Ranch dressing)
- Jicama slices with lime
- Broccoli/Cauliflower with low fat dressing (2 Tbsp. 80 calories)

- 100 calorie packet of 100% Whole Grain South Beach® crackers
- 100% Whole Grain Wheat Thins® (15 crackers) or Triscuits® (serving size: 6) with 1 Laughing Cow Light Swiss® cheese wedge
 - Other whole grain cracker options: RyKrisp®, Wasa®, Ak Mak®
- Skinny Pop® or Orville Redenbacher® (100 calorie) mini bags of popcorn

Not finding what you want or need more variety? Create (or buy) your own snack using the following guidelines PER snack serving:

- 100-150 calories
- 3 grams or more of fiber
- 5 grams of more of protein