

Snack Attack

When you need a snack, consider these lower-calorie foods to manage your weight and your hunger.

0 to 50-Calorie Snacks

- Homemade iced green tea-with artificial sweetener if desired (0 calories)
- 1 kosher dill pickle (10 calories)
- ½ cup sugar-free gelatin (10 calories)
- 2 sugar-free ice pops (30 calories)
- 1 slice fat-free American cheese (30 calories)
- ¾ cup seltzer with ¼ cup cranberry juice and a lime wedge (33 calories)
- 1 sugar-free fudge ice pop (35 calories)
- 1 medium water-packed sardine with slice of red onion (35 calories)
- 8-ounce miso soup (36 calories)
- 1 pretzel rod – 7-inch (37 calories)
- ½ cup fat-free Greek yogurt with 1 teaspoon sugar-free strawberry jam (43 calories)
- 1 large tomato, sliced, topped with 1 tablespoon Parmesan cheese, broiled (44 calories)
- 1 brown rice cake with 1 tablespoon sugar-free jam (44 calories)



- ½ cup carrots with 1 tablespoon light ranch dressing (45 calories)
- ¾ cup almond milk (45 calories)
- 1 medium sliced cucumber mixed with ¼ cup sliced onion, ½ cup chopped celery, 4 tablespoons vinegar, and salt to taste (45 calories)
- ½ medium apple plus 1 tablespoon low-fat yogurt sprinkled with cinnamon (45 calories)
- ½ small banana, frozen (45 calories)
- 1 miniature box of raisins (45 calories)
- 1½ cups air-popped popcorn (46 calories)
- 1 packet of sugar-free hot chocolate with ¼ cup skim milk and ¾ cup water (47 calories)
- ½ cup strawberries with 2½ tablespoons non-fat yogurt (47 calories)
- ½ cup melon with 2 tablespoons of 1% cottage cheese (47 calories)
- ⅓ cup blueberries with 1 tablespoon light sour cream (47 calories)
- 1.3-oz. water-packed tuna with 1 teaspoon Dijon mustard (48 calories)
- 12 cherries (48 calories)
- 14 seedless red grapes (48 calories)
- 4 oz. unsweetened applesauce sprinkled with cinnamon (49 calories)



50 to 100-Calorie Snacks

- 1 medium piece of fresh fruit or ½-1 cup of cut fruit
- 1 cup raw vegetables with 2 tablespoons hummus or fat-free salad dressing
- 2 saltine crackers or celery with 2 teaspoons peanut butter
- ½ cup of no-sugar-added apple sauce
- 8 oz. eight-vegetable juice
- 3 (2 ½-inch squares) graham crackers
- 4 chocolate kisses
- 6 chocolate-covered miniature pretzel twists
- 1 hard-cooked egg
- ½ small baked potato with 3 tablespoon salsa
- ⅔ cup Cheerios with ¼ cup fat-free milk
- 1 miniature bagel with 1 tablespoon reduced-fat chive and onion cream cheese
- 1 slice French toast with 1 tablespoon reduced-calorie syrup
- 1 slice cinnamon-raisin toast with 1 teaspoon honey
- 1 roasted chicken drumstick, skin removed
- ½ English muffin with 1 slice tomato and 1 tablespoon part-skim mozzarella cheese
- ½ cup sugar-free chocolate pudding (made with fat-free milk) and a chocolate wafer
- 3 vanilla wafers and ½ cup fat-free (skim) milk



100 to 150-Calorie Snacks

- 1 cup fat-free (lite) yogurt with $\frac{1}{2}$ cup fresh or frozen, unsweetened berries
- 1 plain rice cake with $\frac{1}{2}$ tablespoon peanut butter and $\frac{1}{2}$ banana, sliced
- $\frac{1}{2}$ cup fat-free or 1% cottage cheese with $\frac{1}{4}$ cup berries
- 1 slice of whole grain toast with $\frac{1}{4}$ cup fat-free cottage cheese and dash of cinnamon
- Fruit smoothie with $\frac{3}{4}$ cup non-fat yogurt and $\frac{1}{2}$ cup fruit
- 1 oz. of pretzels (small commercially packaged bags)

150 to 200-Calorie Snacks

- $\frac{1}{2}$ small whole wheat pita with 1 oz. of low-fat cheese and $\frac{1}{2}$ cup vegetables
- 1 small corn tortilla with 1 oz. low-fat string cheese and 1 tablespoon of salsa
- 1 slice bread with mustard, 2 slices turkey breast, and a slice of tomato
- 1 small-medium apple with 1 tablespoon peanut butter
- 1 cereal bar or reduced-fat granola bar

There are now many commercially available pre-prepared snacks. Check the food label to make sure they are a healthy, low-calorie choice.

