

Healthy Snacks Under 100 Calories

Sweet

- 1 Cup Blueberries + 2 Tbsp Low-Fat Whipped Topping
- One half frozen banana + 2 squares melted dark chocolate
- 1 Cup frozen grapes or berries
- ½ Cup Non-fat Greek yogurt + 1 tsp honey + dash cinnamon
- 13 animal crackers
- 2 graham cracker squares
- 1 Fig Newton bar
- 1.5 fun-sized snickers bars
- ¼ cup ice cream
- 2 clementine's (cuties/halos)
- ¾ Cup cheerios
- 1 banana
- 2 kiwis

Sweet and Salty

- ½ apple + 1 Tbsp peanut butter
- 1 rice cake + 1 Tbsp peanut butter
- 1 Cup raw spinach + ½ Cup sliced strawberries + 1 Tbsp balsamic vinegar
- ½ Cup Non-fat cottage cheese + ½ Cup fresh or frozen fruit
- 2 stalks celery + 1 Tbsp peanut butter
- 8 almonds + 4 chocolate chips + 1 Tbsp raisins



Savory

- 10 baby carrots + 2 Tbsp hummus
- 10 baked tortilla chips + ¼ cup salsa
- 2 slices honey ham + 2 tsp mustard rolled in lettuce leaf
- 40 gold fish
- 1 hard boiled egg
- 15 pretzels + 1 Tbsp low-fat cream cheese
- 1 ½ Cups microwave popcorn
- 12 cheese puffs
- 8-10 potato chips
- 20 Snyder's pretzel snaps
- 20 shelled peanuts
- 6 reduced-fat Triscuits
- 17 bite-sized round Tostito chips
- 4 whole wheat Ritz crackers + 4 thin slices Swiss cheese