

## 100 Healthy Snacks

1. Frozen Grapes (I used to eat these in college all the time- they are amazing)
2. String Cheese
3. Banana
4. Frozen Banana (peel it first, stick in the freezer overnight- it's like a yummy popsicle)
5. Low-fat Yogurt
6. Sugar-free or fat-free pudding
7. Apple dipped in Peanut Butter (or spread peanut butter on top of apple slice and top with pecans . . . so good!)
8. 100-calorie bag of popcorn
9. Applesauce
10. Raw veggies with hummus (my new favorite!)
11. Almonds
12. Apple
13. Skinny S'more (two graham crackers with one roasted marshmallow and one small square dark chocolate)
14. Smoked Beef Jerky (about 1 oz- look for low-sodium!)
15. Chocolate Milk
16. Hard Boiled Egg
17. Sunflower Seeds
18. Cottage Cheese
19. Sliced Cantelope
20. Raisins
21. Pita Bread and Hummus
22. Rice Cakes
23. Sugar-free Jello

24. Dried Fruits
25. Frozen Yoplait Whips Yogurt (these seriously taste like ice cream when they are frozen!)
26. Air-Popped Popcorn
27. Pistachios
28. Clementines (we call them Cuties or Clemmies)
29. Fruit Smoothie (or Kristen's Green Smoothie- it's actually delicious!)
30. Handful of olives
31. Pickles
32. Handful of blueberries with 2 tablespoons fat-free Cool-Whip
33. Ants on a Log (celery with peanut butter and raisins)
34. 1 cup mixed berry salad (raspberries, strawberries, blueberries, and/or blackberries) tossed with one tablespoon fresh-squeezed orange juice.
35. Peanut Butter and Bananas on whole wheat bread
36. Trail Mix (make your own! Throw in dried fruit, sunflower seeds, nuts, low-sugar cereals, and even the occasional piece of candy for something sweet.)
37. Orange Slices
38. Cherry Tomatoes
39. Graham Crackers
40. Small Green Salad with light dressing
41. Mango smoothie (frozen mango, mango Greek Yogurt, and a small amount of orange juice)
42. Kabobs (thread low-fat meat, low-fat cheese, pineapple and cherry tomatoes onto a stick- my kids love anything on a stick!)
43. Half of a Cinnamon-Raisin topped with peanut butter and banana slices
44. Grilled Pineapple (throw them on the grill or a skillet on med. heat for two minutes or until golden)
45. Baked Apples (one tennis ball-sized apple, cored, filled with 1 teaspoon brown sugar and cinnamon, and baked until tender)
46. Animal Crackers

47. Strawberries dipped in fat-free Cool Whip
48. Low-fat tortilla topped with egg salad, shredded carrots and cucumber slices
49. Parfait (build your own with Greek yogurt or plain yogurt, fruit, and granola)
50. Bowl of bran flakes with 1/2 cup skim milk and berries
51. Guacamole with veggies
52. Triscuit's Thin Crisps dipped in cottage cheese or hummus
53. Cashews
54. Pretzels
55. Sun Chips (portion control! Read the serving amount on the side!)
56. Cheesy Breaded Tomatoes: Two roasted plum tomatoes sliced and topped with 2 tablespoons breadcrumbs and a sprinkle of parmesan cheese.
57. Sugar Snap Peas
58. Steamed Veggies (steam non-starchy vegetables in a microwave safe bag and sprinkle with 1 tablespoon of parmesan cheese or 1/4 cup pasta sauce)
59. Apricots
60. Laughing Cow Light Cheese Wedges
61. Any 100 calorie pack
62. Snack/Granola bar (around 150 calories or less, like Kellogg's All-Bran, Kashi TLC Trail Mix, or Fiber one Bar)
63. Baked chips (about 7-10) with salsa
64. Soy Chips
65. Protein Bar
66. Sweet Potato Fries (one light-bulb sized sweet potato sliced, tossed with 1 teaspoon olive oil, and baked at 400° for 10 minutes)
67. Wrap (I like a slice of turkey, swiss cheese, baby spinach leaves, and cranberry relish wrapped up in a tortilla)
68. Pumpkin Seeds (2 tablespoons pumpkin seeds, sprayed with oil (just a spritz!) and baked at for 400° for 15 minutes or until brown. Sprinkle a tiny amount of salt on top)

69. Bean Salad
70. Broccoli Florets
71. Peaches and Cottage Cheese
72. Chopped Red Peppers (dipped in fat free ranch)
73. V8 Vegetable Juice
74. Tuna with Triscuit crackers
75. Cooked and Cubed Chicken Breast
76. Homemade Popsicles (puree watermelon, strawberries, mango, banana, etc and freeze in popsicle molds)
77. Dates with almond butter or rolled in coconut
78. Quesadilla (whole wheat (or corn) tortillas w/cheese (or not) melted in microwave - adding on tomatoes, beans, corn, olives, avocado or guacamole or whatever sounds good)
79. Watermelon
80. Cubed Apples and Cubed Cheese (this was my husband's favorite after-school snack when he was little)
81. Craisins (I love to eat these with almonds- it's a good combo)
82. Goldfish Crackers
83. Edamame
84. Cheesy Roasted Asparagus (four spears (spritzed with olive-oil spray) and topped with 2 tablespoons grated parmesan cheese, baked for 10 minutes at 400°)
85. Turkey Roll-Ups (Four slices smoked turkey rolled up and dipped in 2 teaspoons honey mustard)
86. Strawberry Salad (1 cup raw spinach with ½ cup sliced strawberries and 1 tablespoon balsamic)
87. Oatmeal
88. Banana Smoothie (½ cup sliced banana, ¼ cup nonfat vanilla yogurt, and a handful of ice blended until smooth)
89. Lime Sherbet (1/2 cup serving) with sliced kiwi
90. Apple Chips (dehydrated apples- they are so good!)

91. Black Beans (mix 1/4 cup black beans with 1 tablespoon salsa and 1 tablespoon Greek yogurt for an added twist!)
92. Lettuce wrap (try two slices honey-baked ham with 2 teaspoons honey mustard rolled in a lettuce leaf)
93. Pecans (try five pecans roasted with 2 teaspoons maple syrup and 1 teaspoon cinnamon)
94. Chocolate Covered Strawberries (dip 5 strawberries in 2 squares of dark chocolate- that is still good for you, right?!) )
95. Honeyed Yogurt (½ cup nonfat Greek yogurt with a dash of cinnamon and 1 teaspoon honey)
96. Blackberries (so good mixed with plain yogurt)
97. Frozen Mangos
98. Tropical Juice Smoothie (¼ cup pineapple juice, orange juice, and apple juice, blended with ice)
99. Healthier Banana Bread
100. Peanut Butter Yogurt Dip with fresh fruit