

Food Plan: Snacks

100-200 CALORIES

(Snacks should stay in this calorie range, any higher would be considered a meal.)

Any one or two of the 100 calorie pre-packaged snacks	1-2 cups raw veggie sticks (carrots, celery) (50 calories or less) and 2-3 tablespoons low fat dip (usually around 100 calories, check nutritional facts)	Under 200 calorie granola bar, be sure to check nutritional facts some can pack a lot of calories! (can be easily stored in desk or purse, and long shelf life)
1 package of snack sized baked chips or pretzels (usually around 150 calories)	1 large sized banana (7.5-8 inches long) (around 120 calories)	1 small box of raisins (100 calories)+ 100 calorie pack of almonds= Easy 200 calorie Trail Mix
1-2 cups fresh berries (strawberries, raspberries, blueberries, blackberries) 100 calories per cup	1 small apple (45 calories) and 1 tablespoon reduced fat peanut butter (around 80-100 calories)	1 cup 2% Cottage Cheese (200 calories) skim or 1% would be even less!
Light yogurts (anywhere from 80-130 calories) plain, flavored, or Greek	100 calorie pudding snacks (Sweet tooth anyone?)	1/4 cup dry roasted, salted mixed nuts (careful on serving size, 1/4 cup is not a lot!)