

List of Easy 100-Calorie Snack Ideas

(all items are approximately 100 calories ± 20 calories)



- Almonds (14 whole)
- Apple (1 medium)
- Blueberries/raspberries (1 cup)
- Bell pepper (1 whole) or broccoli & cauliflower (1 cup) or baby carrots (6 whole) with:
 - Hummus (3 tbsp)
 - Fat-free ranch dressing (3 tbsp)
 - Goat cheese (2 tbsp)
 - Plain 0% Greek Yogurt with dry soup mix (i.e. French Onion) (2/3 cup)
- Light cream cheese (2 tbsp) with baby carrots (6 whole)
- Cashews/walnuts (2 tbsp)
- Celery (1 stalk) and peanut butter (1 tbsp)
- Cheese (1 oz)
- Chicken noodle soup (1 cup)
- Cottage cheese, low fat (1/4 cup) and sliced almonds (1 tbsp)
- Cottage cheese, low fat (1/4 cup) and peaches or pears (1/2 cup)
- Crab, imitation (2 oz) and cocktail sauce (2 tbsp)
- Edamame (soy beans), boiled (1/3 cup) or raw shelled (1/2 cup)
- Egg, hard-boiled (1 large)
- Fruit cocktail, canned in water (1 cup)
- Granola bar, high-fibre (one 100-calorie bar)
- Ham, lean deli slices (2 oz)
- Peanut butter (1 tbsp)
- Popcorn, low fat, microwave style (3 cups)
- Protein bar (1/2 bar)
- Rice cake (1 each) with light cream cheese (1 tbsp) and apple butter (1 tbsp)
- Skim milk (1 cup)
- Shrimp, boiled (10 large) and cocktail sauce (2 tbsp)
- Sunflower seeds, hulled (1 tbsp) and raisins (2 tbsp)
- Three-bean salad, canned (1/2 cup)
- Tuna, canned in water (1/2 can) with crackers (see label, approx 4)
- Turkey pepperette (2 sticks)
- Turkey breast, deli slices (3 oz)
- Turkey breast (1 oz) wrapped in small corn or flour tortilla
- Vegetable soup (1 cup)
- Whole grain crackers (read label, about 4) and Laughing Cow / Babybel Lite / Cheesestring (1 wedge/round/stick)
- Plain Greek yogurt (1/2 cup)