

100 Calorie Snacks

<p>Cheesy Popcorn Toss 1 tbsp grated Parmesan cheese and a dash of cayenne pepper with 2 cups popcorn! Choose a low-fat, low-sodium pre-packaged variety or air-popped popcorn!</p>	<p>Chili-Lime Shrimp Toss ten large boiled shrimp in 1 tablespoon of lime juice. Sprinkle with ½ teaspoon of chili powder. This little snack has over 10 grams of protein!</p>
<p>Cottage Cheese and Cantaloupe Top ½ cup of low-fat cottage cheese with ½ cup of diced cantaloupe.</p>	<p>Carrots n' Hummus Chow down on 10 baby carrots with 2 tablespoons of hummus. Jazz it up with fresh herbs like dill or parsley.</p>
<p>14 Almonds Almonds don't need any extras to be a satisfying snack.</p>	<p>White Bean Salad Combine ½ cup of white beans with 1 tbsp of sliced scallions, a squeeze of lemon juice, and ¼ cup of diced tomatoes. White beans are a good source of dietary fiber, protein, and iron.</p>
<p>Baked Apple Baked apples can get all dressed up and filled with oats, nuts, and other tasty stuff. But for a simple low-cal version, core a tennis-ball sized apple, dust with cinnamon, and bake at 350 for 20 minutes (or until tender but not mushy).</p>	<p>Pumpkin Yogurt Combine ½ cup of nonfat plain Greek Yogurt with ¼ cup of pumpkin puree. Add ¼ teaspoon vanilla extract, and a pumpkin pie spice blend (or cinnamon). Pumpkin is a low fat way to increase this snack's fiber and flavor profile.</p>
<p>Kettle Corn Toss 1 teaspoon each cinnamon and stevia with 2 cups freshly popped popcorn. Shake it up in a paper bag or a container for even topping distribution. Not a fan of stevia? Swap it for 1 teaspoon of honey plus 1 teaspoon of water microwaved for 20 seconds to thin it out.</p>	<p>Protein Shake Shake up 1 scoop of vanilla whey protein with 1 cup of unsweetened almond milk. This one's perfect for post-workout snacking, too — whey protein has been shown to help rebuild muscles after exercise.</p>
<p>22 pistachios Pistachios rank high in protein and lower in saturated fat compared to other nuts. Pick the in-shell variety - they're less expensive and a study found people eat up to 41% more when they don't have to crack the shell!</p>	<p>Kiwi and Coconut Slice 1 large kiwi and top with 1 tablespoon of unsweetened shredded coconut for a sweet treat.</p>
<p>Apples and Cheese Pair a "Laughing Cow Mini Babybel Light cheese wheel" with half of a baseball-sized apple, sliced. The cheese has 6 grams of protein!</p>	<p>1/2 Cup Edamame (shelled) Eating this protein-packed pick-me-up out of the shell will help make the snack last longer.</p>
<p>Red Pepper and Goat Cheese Slice one medium red pepper with 2 tbsp soft goat cheese. Goat cheese is tangy and flavorful, and relatively low in fat and calories.</p>	<p>Red Pepper and Hummus -½ red bell pepper dipped in 2 tablespoons hummus</p>