



## Sweet Snacks

15 raspberries with 15 nestle semi-sweet chocolate chips placed inside – 50 calories

½ cup of Chocolate milk – 100 calories

6 Graham Cracker (65 calories) dipping in Peanut butter (1 tbsp. 94 calories)

½ Baked Apple – Half an apple in the oven at 350 degrees Fahrenheit, sprinkle cinnamon, brown sugar and nutmeg with a tsp of butter over top and bake for 30 minutes – 120 calories

1 medium banana (100 calories) dipped in 1 tbsp. melted dark chocolate (70 calories) OR 1 tbsp. Peanut butter (94 calories)

Chapmans frozen yogurt (1/2 cup) 90-140 calories (varies by flavor)

## Salty Snacks

6 Triscuit crackers (any flavor) (120 calories) with 1 laughing cow cheese wedge (35 calories)

½ cup of Fat Free Cottage Cheese mixed with 2 tbsp. of Fat free Italian Dressing – use an immersion blender/hand blender. It whips into a nice dip. 120 calories. Can be used with an assortment of vegetables.

15 Pretzel Sticks (50 calories) with 1 tbsp. of hummus (43 calories)

2 cups of air popped Popcorn (62 calories) with 1 tsp. of Kernel's nacho cheese popcorn powder (8 calories)

1 medium wedge of cantaloupe (30 calories) with 1 slice of prosciutto wrapped around (20 calories)

SnapPea Crisps 100 calories snack packs – low in salt but has a salty flavour

\*all calories are approximate and may vary on brand

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