Healthy and Delicious Snacks Less than 100 Calories!

- 8 Animal crackers
- 5 animal crackers and 4oz skim milk
- 1 small apple or piece of fruit/1/2 banana
- 1 cup bugles
- 27 Cheese-Its
- ¾ cup Cheerios
- ½ cup Cheerios and 4oz skim milk
- 24 reduced fat Cheese Nips
- 1 slice cinnamon raisin bread
- 1 packet no sugar added cocoa
- 1 packet instant cream of wheat or oatmeal
- ½ English muffin with pizza sauce and 2tbs mozzarella cheese
- 2 Fig Newtons
- ½ cup fat free vanilla frozen yogurt
- 1 Fruit by the Foot (Betty Crocker)
- ½ cup Fruit cocktail (water packed)
- 1 Dole Fruit juice or yogurt bar
- 12 oz Gatorade
- 3 Gingersnaps
- 25 Goldfish crackers
- 3 Graham squares
- 1 low-fat granola bar
- 10 Grapes
- 1 cup melon
- ½ cup nonfat, no sugar added ice cream
- 1 Jell-O pudding pop
- 1 cup Kix cereal
- ¾ cup Kix cereal and 4oz skim milk
- 8 oz skim milk
- 4 mini Eggo waffles with 2 Tbsp sugar free syrup
- 10 Mr. Phipps Pretzel Chips (Nabisco)
- 6 Vanilla Wafers
- 2 Popcorn cakes

- 3 cups light popcorn
- 12 Mini Prezels
- 1 Hard Sourdough Prezel
- 6 Pretzel sticks
- ½ cup sugar-free Pudding
- Quick Sugar-free Drink (1 heaping tsp) with 8oz skim milk
- 15 Raisins (1/2oz box)
- 7 Mini Rice cakes
- 6 Saltines
- ½ can Healthy Choice fat free soup
- 1 packet Lipton Cup of Soup and 2 saltines
- ½ cup Spaghetti-O's
- ½ cup strawberries with 1 TB chocolate syrup
- 15 Teddy Grahams
- 1 Eggo Waffle and 2 Tbsp sugar free syrup
- 12 reduced fat Wheat Thins
- 1 cup non fat sweetened with aspartame yogurt
- 1 cup Dannon Light and Fit yogurt
- 4oz Yoplait Light and 1 Graham Cracker