



## 100 calorie treats ~mydietmatters.com

### 20 Salty/crunchy low calorie snacks

1. 1 bag of Skinny Pop popcorn
2. 25 baby carrots
3. 2 celery sticks with 1 Tbsp. reduced fat peanut butter
4. 20 dill pickles
5. a medium sized apple
6. pretzels, 3/4 oz.
7. 25 pistachio nuts
8. 14 raw almonds
9. 11 cashews
10. 16 peanuts
11. 2 Tbsp. roasted chickpeas
12. Simply Quinoa Chips, 3/4 oz.
13. Soy nuts, 3/4 oz.
14. 15 Tostitos tortilla chips plus 2 Tbsp. salsa
15. 5.5 ounces of tomato juice plus 1 oz. vodka, + 1 tsp. Worcestershire sauce
16. 3 Tbsp. toasted and salted sunflower seeds
17. Pirate Booty, 3/4 oz.
18. Amy's Minestrone Soup, 1 cup
19. Trader Joe's Pickled Beets, 3/4 cup
20. 28 veggie straws

### 20 Sweet low calorie snacks

1. Low fat waffle, 5 strawberries, aerosol whipped cream
2. 10 jelly beans
3. 27 M & Ms
4. 4 Hershey kisses
5. 1 oz. box of raisins
6. 4 large marshmallows
7. Ice cream float made with diet soda and 1/2 cup ice cream
8. 11 Frosted Mini Wheat Biscuits
9. 2/3 cup Honey Nut Cheerios
10. 2 fig bars
11. Baked apple sprinkled with cinnamon, stevia, and spray of whipped cream
12. 3/4 cup skim milk sweetened with 1 Tbsp. Hershey's Lite Syrup
13. Medium sized banana (4.2 ounce)
14. 20 strawberries with 2 Tbsp. aerosol whipped cream
15. 2 cups of watermelon
16. Salerno Butter Cookies, 4
17. Rice Krispie Treat, 1 package
18. 1/2 cup strawberry Halo Top Ice Cream
19. 60 grapes
20. Creamsicle, 1 bar

## 20 Protein rich low calorie snacks

1. 3 oz. cooked shrimp plus 1 Tbsp. cocktail sauce
2. Hard boiled egg, Extra Large
3. One cup low fat milk
4. 2 oz. cooked chicken
5. 2 oz. flank steak
6. 1/2 cup cottage cheese, 4% milkfat
7. 1/4 cup cottage cheese, 4% milkfat, plus 5 oz. cantaloupe
8. 1 oz. brie cheese or provolone cheese
9. 2 slices of 2% milkfat American cheese
10. Yoplait Greek Lemon Yogurt, 1 container
11. Oikos Mixed Berry Yogurt, 4.5 ounces
12. 1/2 cup light tofu
13. 1 string cheese
14. Belgioioso fresh mozzarella balls, 1 oz. plus 2 water crackers
15. tuna packed in water, 4 oz.
16. 2 Tbsp. humus plus one whole carrot
17. Edamame, 1/2 cup
18. 2 wedges Laughing Cow Extra Light plus 2 Melba Toast
19. Babybel Light Cheese & Crackers prepackaged snack
20. 1 Luna high protein bar

**From the desk of: Sue Rose, MS, RD, LDN**