

50 Calorie Snacks

Fruits & Vegetables

1. apple ½ (with cinnamon)
2. applesauce (unsweetened) 4 ounces
3. apricots (dried) 2
4. asparagus spears 10
5. banana ½
6. bean sprouts 1 cup
7. bell pepper 1
8. blueberries ½ cup + 2 tbsp (10 tbsp)
9. Brussels sprouts 18
10. cantaloupe 1 cup
11. carrots (regular) 2
12. carrots (baby) 12
13. celery stalks 10
14. cherries 12
15. cherry tomatoes 16
16. cucumber 1
17. dill picked 6
18. grapefruit 1
19. grapes 14
20. green beans 2 cups
21. green olives 4
22. jicama with lime juice
23. kiwi fruit 1
24. orange (small) 1
25. peach 1 ½
26. pineapple 1 slice
27. prunes 2
28. raisins 1 mini box
29. raspberries ¼ cup
30. sugar snap peas 1 ½ cup
31. strawberries 8
32. tangerine 1
33. tomatoes 3
34. watermelon 1 cup
35. zucchini sticks 10

Little Meals:

1. 8 oz miso soup
2. 1 rice cake with 1 tsp jam
3. 2 tomatoes with 1 tbsp hummus
4. 2 tbsp hummus with 2 slices bell pepper
5. ¼ whole-wheat pita with 1 tsp hummus

6. 1 tofu dog with 1 tbsp sauerkraut
7. ½ cup baby carrots with 1 tbsp hummus
8. ½ small apple with 1 tsp soy butter
9. 1 celery stalk with ½ tsp peanut butter
10. ½ cup jicama with 4 oz salsa
11. dry cereal (½ cup)

Commercial Snacks:

1. Edy's All Natural Fruit Bar 1
2. 1 dark chocolate square
3. 3 cups air popped popcorn
4. ½ mini whole-wheat bagel
5. pretzel rod 1
6. vegan yogurt ½ cup
7. vegetarian baked beans ¼ cup

Drinks (mix with seltzer to extend it!)

1. 1 cup cranberry juice
2. ½ cup grapefruit juice
3. 6 oz V8 100% vegetable juice
4. 1 cup unsweetened almond milk
5. ½ slice of whole-wheat bread

Nuts & Seeds

1. 1 ¼ tsp almond butter
2. 1/8th avocado with lime juice
3. 8 raw almonds
4. 11 dry-roasted peanuts

100 Calorie Snacks

Fruits & Veggies

1. applesauce 1 cup
2. banana 1
3. cantaloupe 2 cups
4. dates 4
5. figs 6
6. peaches 2
7. raspberries 2 cups
8. sweet potato (small) 1

Nuts & Fats

1. 10 cashew nuts

2. 10 almonds
3. ½ small avocado
4. ¼ cup trail mix
5. 1 tbsp peanuts and 2 tbsp dried cranberries
6. 29 pistachios

Little Meals

1. ½ bell pepper with 3 tbsp hummus
2. ½ apple with 2 tsp peanut butter
3. 1 orange and a few dry roasted nuts
4. 3 oz cooked whole grain noodles with 1 tomato
5. 1 seven grain Belgian waffle
6. 4 mini rice cakes with 2 tbsp hummus
7. 6 Wheat Thin crackers with 3 tsp peanut butter
8. 1 small baked potato with ½ cup salsa
9. 1/3 cup applesauce with 1 slice whole-wheat toast
10. 2 large graham cracker squares with 1 tsp peanut butter
11. 2 tbsp mashed avocado and 2 tbsp tomatoes stuffed into ½ mini pita

Other

1. 3 handfuls of unbuttered popcorn seasoned with salt and dried dill
2. 5 oz tsalad with lettuce, tomato, cucumber and ¼ cup fat-free dressing
3. ½ cup cooked oatmeal
4. Starbucks tall soy latte
5. ½ cup edamame
6. 45 steamed edamame (in pods)
7. 1 cup orange juice