

Healthy Snack List



Under 200 *Calories*

Savory	Sweet	Thirst Quenching	Dessert
Small tossed salad (1-2 cups) with 1 tbs light dressing (100-200 calories)	½ cup low-fat cottage cheese with ½ cup fresh pineapple (150 calories)	1 bottle 12 fl oz light beer (95 – 135 calories)	1 cup strawberries dipped in 1 tbs melted semi-sweet chocolate (115 calories)
7 blue cheese stuffed olives (140 calories)	PB & J on multigrain bread (195 calories)	8 oz fruit juice (110-120 calories)	2/3 oz dark chocolate (80-90 calories)
6 pieces vegetable Sushi with Brown Rice (140 calories)	Half an apple with 1 tbs of natural peanut butter (120 calories)	8 oz 100% vegetable juice (100-110 calories)	Sugar-free skinny cow ice cream sandwich (140 calories)
1/3 cup wasabi peas (130 calories)	Pear and string cheese (160 calories)	8 oz fruit smoothie (no milk) (130 calories)	8 oz skim latte and biscotti (180 calories)
10 natural blue corn tortilla chips and 1/3 cup guacamole (180 calories)	4 squares of graham crackers with 8 oz skim milk (160 calories)	16 oz sweet tea (150 calories)	10 chocolate covered almonds (170 calories)
18 roasted, salted cashews (180 calories)	1 cup sugar-free applesauce with 8 pecans (148 calories)	5 oz red wine (125 calories)	
1 turkey wrap, tortilla wrapped around 3 deli-sliced turkey slices, tomato, lettuce and cucumber (130 calories)	Quakers low-sugar Instant oatmeal made with water (120 calories)	5 oz white wine (123 calories)	
15 natural blue corn tortilla chips and 1/3 cup salsa (150 calories)	¼ cup (2 oz) of trail mix with chocolate morsels and dried fruit (176 calories)		
2 scrambled eggs and ½ cup salsa (175 calories)	Kashi Trail Mix Bar (140 calories)		
1 sliced tomato layered with 8 mozzarella slices, basil and 1 tsp olive oil (180 calories)	Nature Valley Peanut, Almond & Dark Chocolate Flavored Protein Bar (190 calories)		
1 small baked potato with ½ cup salsa and 2 tbs reduce fat cheddar cheese (154 calories)			
1 oz corn nuts (129 calories)			
4 deli-sliced turkey slices wrapped around apple slices from 1 small apple (136 calories)			
Half a diced avocado with ¼ tsp of sea salt and a squeeze of lime (125 calories)			