

Healthy Snack List



Under 50 Calories

Savory	Sweet	Thirst Quenching	Dessert
1/2 cup carrots with 1 tbsp light ranch dressing <i>45 Calories</i>	1 stick sugar-free gum <i>5 Calories</i>	Ice Cold water <i>-5 Calories</i>	1/2 small banana, frozen <i>45 Calories</i>
1 oz sharp reduced-fat Cheddar <i>48 Calories</i>	1/2 medium apple with peel <i>35 Calories</i>	1 cup low-sodium tomato juice <i>50 Calories</i>	Low Sugar Frozen Fruit Bars <i>48 Calories</i>
6 pieces of endive filled with 1/2 oz reduced-fat feta cheese <i>49 Calories</i>	1 medium kiwi <i>43 Calories</i>	1/2 cup nonfat milk with 1 tbsp calorie-free chocolate syrup <i>40 Calories</i>	1 cup frozen grapes <i>45 Calories</i>
1 large tomato, sliced, topped with 1 tbsp parmesan, broiled <i>44 Calories</i>	4 oz unsweetened applesauce sprinkled with cinnamon <i>49 Calories</i>	1 packet of sugar-free hot chocolate made with 1/4 cup skim milk and 3/4 cup hot water <i>47 Calories</i>	1/2 medium apple, baked, topped with 1 tbsp low-fat yogurt sprinkled with cinnamon <i>45 Calories</i>
1 slice fat-free American cheese <i>30 Calories</i>	1 miniature box of raisins <i>45 Calories</i>	3/4 cup almond milk <i>45 Calories</i>	2 sugar-free ice pops <i>30 Calories</i>
1 oz fat-free cottage cheese on 1 slice caraway Finn Crisp Crispbread <i>38 Calories</i>	12 cherries <i>48 Calories</i>	3/4 cup seltzer with 1/4 cup juice <i>33 Calories</i>	1 individual serving sugar-free gelatin with 3 tbsp light whipped topping <i>40 Calories</i>
1-1/2 cups salted air-popped popcorn <i>46 Calories</i>	1/2 cup strawberries with 2 1/2 tbsp nonfat yogurt <i>47 Calories</i>	Crystal Lite <i>5-10 Calories</i>	1 sugar-free fudge ice pop <i>35 Calories</i>
1/4 cup shelled edamame with sea salt <i>37 Calories</i>	1/2 cup fat-free Greek yogurt with 1 tsp sugar-free strawberry jam <i>43 Calories</i>		
8 oz miso soup <i>36 Calories</i>	1 kosher dill pickle <i>10 Calories</i>		
1 oz smoked salmon about 1 slice on 12 Multi-Grain Wheat Thins crackers <i>48 Calories</i>	2 large hard-cooked egg whites with 1 cup sliced cucumber <i>48 Calories</i>		
1-1/2 cups sugar snap peas <i>40 Calories</i>	1 slice Wasa Fibre Crispbread with 2 tsp hummus <i>45 Calories</i>		
Small celery stalk smeared with 1/2 tbsp natural peanut butter <i>49 Calories</i>	1 oz fat-free mozzarella dipped in 1 tsp marinara sauce <i>46 Calories</i>		
1 Laughing Cow Light Garlic & Herb wedge spread on 5 cucumber slices <i>35 Calories</i>	Turkey rollups: 2 slices white meat turkey rolled in 2 lettuce leaves <i>46 Calories</i>		
8 grape tomatoes dipped in 1 tbsp light cream cheese <i>46 Calories</i>			