

# Healthy Snack List



## Under 100 Calories

Savory	Sweet	Thirst Quenching	Dessert
13 whole almonds <i>90 Calories</i>	1 small baked sweet potato <i>55 Calories</i>	2/3 cup pomegranate juice <i>90 Calories</i>	1 small oatmeal cookie <i>65 Calories</i>
25 dry-roasted, pistachios <i>85 Calories</i>	3 tbsp dried tart cherries <i>75 Calories</i>	1 4 fl oz glass white or red wine <i>95-100 Calories</i>	1/2 cup fruit sorbet <i>100 Calories</i>
1 large boiled egg <i>70-80 Calories</i>	1 cup blueberries <i>85 Calories</i>	1 cup green tea with 1 tbsp honey <i>65 Calories</i>	2/3 oz dark chocolate <i>80-90 Calories</i>
1 roasted skinless chicken drumstick <i>75 Calories</i>	1/2 cup natural fat-free fruit yogurt <i>85 Calories</i>	Honest Tea, iced tea <i>0-80 Calories</i>	1 small scoop low-fat frozen yogurt <i>95 Calories</i>
1 cup broccoli florets with 3 tbsp reduced fat ranch <i>95 Calories</i>	3 tbsp all-natural granola <i>85 Calories</i>		1 cup of strawberries with 2 tbs light whipped topping <i>75 Calories</i>
3 tbsp hummus with 15 cucumber slices <i>90 Calories</i>	2 cups watermelon <i>90 Calories</i>		
1 slice multi-grain bread <i>65 Calories</i>	1 cup fresh red raspberries <i>65 Calories</i>		
1 cup low-fat, low-sodium vegetable soup <i>90 Calories</i>	1 cup cherries <i>87 Calories</i>		
9 Kalamata olives <i>95 Calories</i>			
2 cups popcorn with 1 tsp butter <i>95 Calories</i>			
2 tsp natural peanut butter <i>65 Calories</i>			
4 deviled eggs <i>96 Calories</i>			
1 cup sugar snap peas with 2 tbsp parmesan <i>96 Calories</i>			
1/2 oz sunflower seeds <i>85 Calories</i>			