

# FitFUTURE

Strategies for  
Better Living.



## 20 Healthy 100 Calorie Snacks

by Jennifer Kerr, MS, RD, CDN





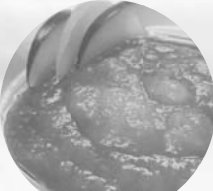

**N**utrition experts find themselves split on the issue of commercially prepared “100-Calorie Snacks”. While some argue that having pre-portioned snacks is convenient, and helps adults and children enjoy a treat while controlling portion size; the other side of the issue points to the low-nutrient value of these snacks and the wastefulness of

the packaging. Another complaint is that despite the conveniently pre-portioned packages, many people report eating multiple servings anyway.

While it is certainly fine to enjoy treats in moderation, we must remember what it means to eat an overall healthy diet.

Good nutrition is not just about the number or calories, but the quality of those calories. In other words, to eat well you must consider food choice (quality) as well as portion control (quantity) the great majority of the time.

### Here are 20 ideas for healthy do-it-yourself 100-calorie snacks that require no compromise:

- 1** 1 large celery stalk with 2 Tbsp. nut butter
- 2** 1 cup raw veggies with ¼ cup fat-free ranch dressing 
- 3** 28 grapes
- 4** ½ cup unsweetened applesauce with a slice of toast cut in sticks for dipping
- 5** 10 cashews 
- 6** 1 mozzarella string cheese with 2 wheat crackers 
- 7** 6-8 oz. cup of low-fat yogurt
- 8** 2 Tbsp. hummus and 12 grape tomatoes
- 9** ½ cup plain oatmeal with ¼ cup fresh berries
- 10** 1 medium banana 
- 11** ½ cup 1% cottage cheese with 5 strawberries
- 12** 1 cup mango chunks
- 13** 8 corn tortilla chips with ¼ cup salsa 
- 14** ½ apple with 2 tsp. nut butter 
- 15** 12 almonds
- 16** 1 cup blueberries
- 17** 6 wheat crackers with 2 tsp. almond butter
- 18** 1 medium apple with ½ oz. cheddar cheese
- 19** 3 Tbsp. raisins
- 20** 7 baby carrots with 2 tsp. nut butter