



Snack Ideas

Apple (1 Medium)
70 Calories

Baby Carrots (1 Cup w/ 1 Tbsp Fat Free Dressing)
45 Calories

Banana (1 Medium)
105 Calories

Beets (3oz)
35 Calories

Bell Pepper Strips(1 Medium Green or Red w/1 Tbsp Fat Free Dressing)
45 Calories

Blueberries (4 oz)
65 Calories

Broccoli (1 Cup w/ 1 Tbsp Fat Free Dressing)
46 Calories

Cantaloupe (8 oz)
80 Calories

Cauliflower (1 Cup w/ 1 Tbsp Fat Free Dressing)
40 Calories

Celery and Cream Cheese (2 Stalks w/4 tsp Fat Free Cream Cheese)
45 Calories

Cheerios (1 Cup)
100 Calories

Cheerios and Soy Milk (1 Cup Cereal + ½ Cup Silk)
150 Calories

Cherry Tomatoes (5 Tomatoes w/ 1 Tbsp Fat Free Dressing)
45 Calories

Cucumber Slices (1/3 Cucumber w/ 1 Tbsp Fat Free Dressing)
45 Calories

English Muffin w/Reduced Fat Peanut Butter (1/2 Muffin + 1 Tsp Peanut Butter)
130 Calories

English Muffin w/Sugar Free Jelly (1 Muffin + 2 tsp Jelly)
140 Calories

Fudge Pop (1 Pop)
75 Calories

Goldfish Snack Crackers (1 oz)

140 Calories

Graham Crackers (2 Full-sized crackers)

130 Calories

Granola Bar (1 Bar)

130-170 Calories (Depending on brand)

Grapefruit (1/2 w/Splenda Sweetener)

55 Calories

Grapes (5 oz)

100 Calories

Kiwi (1 Medium)

50 Calories

Mandarin Oranges (1/2 Cup)

50 Calories

Olives (6 Jumbo Black)

50 Calories

Orange (1 Whole)

85 Calories

Peach (1 Whole)

60 Calories

Pear (1 Whole)

100 Calories

Pineapple Chunks (1 Cup)

75 Calories

Popcorn (Low Fat Mini Bag)

100 Calories

Pretzels (1 oz)

100 Calories

Raspberries (3 oz)

45 Calories

Rice Cake (7 Mini Cakes)

60 Calories

Sliced Tomato (1 Medium Tomato w/ 1 Tbsp Fat Free Dressing)

35 Calories

Slim Fast Snack Bar (1 Bar)

120-140 Calories

Steamed Shrimp w/Cocktail Sauce (10 Shrimp & 1 Tbsp Sauce)

110 Calories

Strawberry Halves (5 oz)

45 Calories

Sweet Potato w/Butter & Cinnamon (1/2 Potato + 1 Tbsp Fat Free Butter + ¼ tsp Cinnamon
– Microwave 4-6 minutes on high or bake at 400° for 45 minutes)

120 Calories

Tangerine (1 Medium)

45 Calories

Tea (1 Cup Flavored with Splenda)

0 Calories

Vegetable Juice (6 oz)

35 Calories