

# HEALTHFUL Tips

## 100 CALORIE SNACKS

### FRESH FRUIT/ VEGGIES SNACKS

- Medium apple, 81 calories
- 1 cup grapes, 58 calories
- 1 cup cantaloupe, 96 calories
- Medium nectarine, 67 calories
- Fresh veggies and low fat ranch dressing, 120 calories
- 1/4 cup hummus, carrot and celery sticks, 120 calories

### PROTEIN PLUS SNACKS

- 1/2 cup fat free cottage cheese, 80 calories
- 6 oz no added sugar yogurt, 60 calories
- 1 oz string cheese, 80 calories
- 1 oz cheddar cheese, 114 calories
- 1 oz cheddar Cheese (2% milk), 80 calories
- 1 cup skim milk, 86 calories
- 1 cup 1% milk, 102 calories
- 1 cup 2% milk, 121 calories
- 1 cup no added sugar hot cocoa made with skim milk, 111 calories
- 1 cup skim milk Latte\*, 43 calories
- Ham roll ups\*, 71 calories
- 1/2 cup low fat tuna salad, 80-120 calories
- 1/2 cup low fat chicken salad, 80-120 calories
- Cheese ball\* and crackers, 86 calories
- Nectar slush\*, 70 calories

\*Recipes follow

### SWEET SNACKS

- 1/2 cup salty sweet gelatin\*, 75 calories
- 1/2 cup mousse\*, 83 calories
- Sugar free pudding, 80 calories
- Quaker Q-smart bar, 120 calories

### CRUNCHY SNACKS

- 23 peanuts, 100 calories
- 18 mini pretzels, 110 calories
- 15 baked tortilla chips and 4 T. salsa, 102 calories
- 15 baked tortilla chips and 2 T. bean dip, 122 calories

### SKIM MILK LATTE

- 1/2 cup skim milk
- 1/4 teaspoon vanilla extract
- 1 teaspoon Splenda
- brewed coffee
- Microwave skim milk in coffee mug on high for 60 seconds. Using a fork, whip milk until foam forms on top. Stir in vanilla and Splenda. Add coffee to top of mug. Makes one serving.
- Nutrition information per serving: 43 calories; 4 grams protein; 0 grams fat; 6 grams carbohydrate; 63 mg sodium.

### HAM ROLL-UP

- 1 oz lean deli ham
- 2 Tbsp fat free cream cheese
- 1 Tbsp chopped green onion
- Lay ham out flat. Spread cream cheese over ham. Sprinkle on green onion. Roll into cylinder. Slice into bite sized pieces. Makes one serving.
- Nutrition information per serving: 71 calories; 11 grams protein; 2 grams fat; 3 grams carbohydrate; 530 mg sodium.

### CHEESE BALL

- 8 oz fat free cream cheese
- 3 green onions chopped
- 1/2 cup cheddar cheese, 2% milk, shredded
- 1 cup cubed lean ham
- Mix ingredients together. Form into ball. Refrigerate. Serve with crackers or fresh cut vegetables. Makes 8 servings.
- Nutrition information per serving: 86 calories; 13 grams protein; 3 grams fat; 3 grams carbohydrate; 516 mg sodium.

### NECTAR SLUSH

- 1 scoop Nectar, any flavor
- 1/2 cup water
- 6-7 ice cubes
- Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.
- Nutrition information per serving: 70 calories; 23 grams protein; 0 grams fat; 30 mg sodium, 80 mg calcium

### SALTY SWEET GELATIN

- 1/2 cup sugar free gelatin
- 2 Tbsp sugar free Cool Whip
- 1 Tbsp chopped nuts
- Dollop Cool Whip on gelatin and top with chopped nuts. Makes one serving.
- Nutrition information per serving: 75 calories; 1 gram protein, 4 grams fat; 5 grams carbohydrate; 83 mg sodium.