

100 kcal Snack List

- 1/4 cup 1% cottage cheese and 1 cup sliced strawberries
- 2 small nectarines
- 1 1/2 cups sliced peaches
- 1 hard boiled egg with half-slice whole grain toast
- 30 in-shell pistachios
- 10 almonds or cashews
- 1 large stalk celery stuffed with 1 tablespoon peanut butter
- 1 slice whole wheat bread with 1 ounce turkey breast
- 1 ounce mozzarella string cheese and 4 green olives
- 6-8 ounces nonfat Greek yogurt
- 1/2 ounce baked tortilla chips with 2 tablespoons salsa
- 1 fat-free chocolate pudding cup
- 1/2 cup steamed edamame
- 1 cup chicken noodle soup with 2 saltine crackers
- 1 small (4") whole wheat pita with 1 Tbsp hummus
- 1 slice whole wheat bread with 1 oz sliced turkey breast and mustard
- 1/2 cup 1% lowfat cottage cheese with 1 cup cherry tomatoes
- 3 cups air-popped popcorn
- 1 cup berries mixed with 2 Tbsp plain, nonfat yogurt
- 1 banana or 2 kiwifruit or 2 cups watermelon chunks
- 1 apple, sliced with 1 tsp peanut butter

