

100 Calorie Snack Ideas.....submitted by Terese Rutkowski, MS, RD, CD

Any question regarding this article please contact the WIC program to speak with a registered dietitian at ext. 3146

We are supersizing everything, but particularly snack foods. So even if you eat what you think is one portion, it can really be three portions, and that can definitely derail your diet. One way around the problem: Have your snacks, but keep them to 100 calories or fewer.

If you focus on the calorie count, it can make it much easier to choose a snack and much easier to stick to your diet, and you can't stray too far if you only allow yourself that 100-calorie limit.

Forget the 100 calorie packs that you buy in the store for a high price! You open the package and find a few crumbs and air and you are left still hungry!

Try these more filling economical 100 calorie treats!

- 1 reduced fat cheese stick and 3 reduced fat Triscuits
- 1/3 cup oatmeal (Old Fashioned or steel cut oats) and 2/3 cup water in microwave at 50% power for 3 minutes and 10 seconds. Add Splenda and cinnamon. Yum!
- ½ Tablespoon peanut butter on chocolate rice cake
- 1 slice whole grain bread with 1 slice fat free cheese- microwave for 15 seconds
- ½ whole grain English muffin, 2 Tablespoons Ricotta cheese and sprinkle with Italian seasoning. Broil in oven or toaster oven until bubbly
- Small orange and 1 small dove chocolate
- 2 Tablespoons peanuts
- 50 calorie hot chocolate and 1 T peanuts
- 1 bag 100 calorie microwave popcorn or 3 cups of light popcorn.
- 1 T Natural peanut butter
- 4 large carrots
- 2-1/2 Tablespoons shelled sunflower seeds
- 15 chocolate covered raisins
- 26 grapes
- 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
- Half an apple with 2 teaspoons of peanut butter
- 3 oz fake crab meat (3 crab sticks)
- 1 cup snap peas and 10 baby carrots
- 2 cups strawberries
- ½ cup on the go snack mix (see recipe below)



On the Go Snack Mix:

4 cups Cheerios

2 cups pretzels, oyster crackers or popcorn

½ cup peanuts, raisins, dried cranberries or choc coated candies

Measure into ½ cup serving snack bags and take it to go!

Losing and maintaining weight is all about portion control. Buy yourself a set of measuring cups and spoons and watch your serving sizes.