



Snacks Under 200 Calories

Calories

1 small whole wheat pita plus 3 TBS hummus	154
1/2 cup frozen yogurt PLUS 1 cup fresh blueberries	198
12 baby carrots PLUS 3 TBS fat free ranch dressing	92
2 cups sliced strawberries PLUS 12 almonds	189
3/4 cup cheerios PLUS 1/4 cup blueberries and 1/2 milk	147
2 fat free fudge pops	88
3 fig bars	167
1 medium banana PLUS 1 TBSP peanut butter	199
5 crackers w/ peanut butter filling	173
5 cups of sir popped popcorn PLUS 2 tbsp grated Parmesan cheese sprinkled on top	198
1 slice wheat bran bread PLUS 3 oz light tuna	188
10 light tortilla chips PLUS 1 cup ready to serve salsa	144
1 cup canned fruit cocktail	150
1 1/2 oz. whole wheat hard pretzels	154
3 large rectangular graham crackers	177
1 medium size corn muffin	180
7 whole-wheat crackers PLUS 1 oz cube of part-skim mozzarella cheese	196
1 whole-wheat English muffin PLUS 1 tbsp of margarine	153
1.2 cup orange sherbet	107
1 cup plain instant oatmeal PLUS a miniature box of seedless raisins	189
1/2 snack size box of graham crackers	149
3 large pickle	73
1 whole grain waffles PLUS 1 tbsp pure maple syrup and 1/3 cup of blueberries	193
16 jumbo shrimp PLUS cocktail sauce	149
4 oz plain low-fat yogurt PLUS 1 oz cheddar cheese	119
1 chocolate Jello pudding snack	102
2 cups chopped broccoli PLUS 1 oz cheddar cheese	176
1 medium sweet potatoes in skin w/salt	103