

Smart Snacking

Snacks should be:

- A good source of dietary fiber: 3 grams or more per serving
- Less than 30 grams carbohydrate
- Less than 200 calories

Snacks	Calories	Fiber (g)	Carb (g)
1 medium apple with 1 tbsp peanut butter	170	5	18
12 almonds with 6 ounces light yogurt	190	3	18
3 cups light microwave popcorn	120	4	19
7 reduced fat Triscuits with 1 light string cheese	170	3	22
1 cup Kix or Cheerios cereal with ½ cup low-fat milk	150	3	26
1 slice whole wheat bread with 1 tbsp peanut butter	200	4	23
1 cup berries mixed with 6 ounces plain low fat Greek yogurt	185	3	28
2 cups fresh vegetable sticks (carrots, broccoli) with 2 tbsp light dressing	120	3	19
1 whole wheat English muffin with 1 ounce melted low fat cheese	200	3	26
2 tbsp nuts mixed with ½ cup Honey Nut Cheerios and 1 tbsp raisins	195	4	30
1 ounce whole grain tortilla chips with 2 tbsp hummus	200	4	22
Smoothie: 1 small frozen banana mixed with 6 ounces light fat chocolate soy milk and ice	160	4	32
1 Kashi chewy granola bar	140	4	19
1 Nature Valley crunchy granola bar with 1 small piece of fruit	155	3	30
1 mini whole wheat bagel with 1 tbsp peanut butter	200	4	24
1 Sandwich thin whole wheat bread with 1 wedge creamy Laughing Cow cheese	150	5	22

Source: www.calorieking.com
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