

Quick and Easy Snacks Based on Calorie Levels

Handout 2

75 Calories:

- 1 stick of string cheese
- 3 fresh apricots
- 12 strawberries
- 1 medium orange, apple or pear
- 2 small peaches or plums
- 1 medium hard-boiled egg
- 2 cups air-popped popcorn with 1 tbsp parmesan cheese

100 Calories:

- Half an apple with 2 teaspoons of peanut butter
- Half of an avocado
- 1 medium banana
- 1.5 cups of grapes (red or green) – Hint: grapes can be frozen whole in the summer for a refreshing treat.
- 2 ounces of lean roast beef
- 4 to 6 ounces of low or non-fat yogurt (most brands)
- 1/2 cup of low-fat granola (most brands)
- 1 cup of unsweetened applesauce
- 1 cup of raw vegetables with 1 or 2 tablespoons of low-fat or non-fat dressing

150 calories

- 1/3 cup raisins
- 4 to 5 ounces sliced turkey or low-fat ham
- Handful of almonds (raw or dry-roasted, about 20 almonds)
- 1/2 whole-wheat English muffin with 2 tablespoons reduced fat cream cheese
- 1 cup celery sticks with peanut butter or cream cheese
- 3 ounces of tuna in water with 1 tablespoon fat-free mayonnaise and 5 whole grain crackers
- 1 packet instant oatmeal

Prepared by Easter Tucker, Associate Professor - Nutrition (etucker@uaex.edu), and Teresa Henson, Family and Consumer Sciences Technician (thenson@uaex.edu), University of Arkansas Division of Agriculture, Cooperative Extension Service.