



## 20 Healthy Snacks Under 200 Calories

- Fruit smoothie-combine 1 cup of frozen mixed berries, 1 cup of skim milk, and 1 packet of artificial sweetener and blend till smooth
- Frozen grapes and peeled bananas. Seal them in a sandwich bag and throw them into the freezer. Once frozen, they're a refreshing and healthy treat. 30 grapes = 150 calories, 1 banana = 120 calories
- 1 cup of low fat cottage cheese mixed with ½ cup of berries and artificial sweetener
- Five whole-grain crackers with 1 Tbsp. of peanut butter
- A small apple with a low-fat cheese stick
- 2 oz. of lean turkey slices with a light cheese spread on top (ex. Laughing cow light cheese wedges are only 35 calories and delicious!)
- Raw vegetables (broccoli, carrot sticks, cauliflower, celery sticks, peppers, zucchini, squash, and tomatoes are all good options). Dip with 2 Tbsp. of light salad dressing or hummus.
- A small tortilla with 1 oz. of low-fat melted cheese and salsa
- A ½ sandwich made with 2 oz. lean turkey or chicken, lettuce, tomato, and mustard
- 12 almonds with ½ cup raspberries
- Mini pizza: ½ English muffin or bagel with 1 oz. of low fat cheese and tomato sauce
- 1 cup of low-fat cottage cheese with 5 saltine crackers
- Bake or microwave pears or bananas with 1 tsp. of brown sugar and a splash of pineapple juice
- A ½ of a whole-wheat pita stuffed with lettuce, tomato, cucumber, ½ oz. of feta cheese, 1 Tbsp. light Greek dressing, and 1 oz. of lean turkey
- A ½ tomato sliced, and topped with 1 oz. of fresh mozzarella, basil, and balsamic vinegar
- 1 oz. of dark chocolate (or one square) with ½ cup of cherries
- 1 slice of Canadian bacon on ½ a whole wheat English muffin
- 1 cup of watermelon (or other melon) with a slice of cheese
- 1 small apple sliced with 1 Tbsp. almond butter thinly spread on each slice and 2 tsp. raisins sprinkled on top
- 2 oz. of water-packed canned tuna mixed with 2 Tbsp. of. light or fat-free mayonnaise

WELLNESS  
CHANGES  
EVERYTHING

