

Snacks Under 100 Calories

***NutritionAction*, Nov 2013**



NutritionAction is a great online magazine that is especially helpful for those who eat out or buy packaged food quite a bit. They have great presentations, one of which I have copied here. Here are some suggestions for quick, healthful snacks:

6 Cups Microwave Popcorn

When you want a large snack with a small calorie count, popcorn delivers. Some microwave brands have just 100 calories in 6 cups. "You have to chew it, so it's satisfying," says Joan Salge Blake, RD, a spokesperson for the American Dietetic Association. It's also high in fiber, which can help you stay full longer.

- Saturated Fat: 0.5 g
- Sodium: 220 mg
- Cholesterol: 0 mg
- Carbs: 24 g

Mini Quesadilla

You may not expect cheese quesadillas to make a list of low-calorie snacks, but try this recipe: sprinkle an ounce of grated low-fat cheddar cheese over a corn tortilla. Fold in half and microwave for 20 seconds. This quick and tasty snack has only 100 calories and 1.3 g of saturated fat.

- Saturated Fat: 1.3 g
- Sodium: 182 mg
- Cholesterol: 6 mg

Cottage Cheese and Cantaloupe

Cottage cheese is a protein powerhouse, with 1/2 cup delivering 14 g. Like fiber, protein can help you stay full longer. Enjoy low-fat cottage cheese plain or with a side of fruit. A small wedge of cantaloupe brings the total calories to 100.

- Saturated Fat: 0.7 g
- Sodium: 468 mg
- Cholesterol: 5 mg

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Three Crackers With Cheese

Choosing whole-grain crackers is the key to this classic snack. The fiber will keep you feeling full between meals, and the cheese provides protein and calcium. To stay under 100 calories, cut up one slice of low-fat cheese and split it over three crackers.

- Saturated Fat: 1.2 g
- Sodium: 397 mg
- Cholesterol: 7 mg

Fourteen Almonds

When the munchies strike while you're on the go, there are few things more convenient than nuts. You can eat 14 almonds without hitting the 100-calorie mark. Plus, they're rich in fiber and protein, which help keep hunger at bay. "They're a great snack when you're stuck in traffic," Blake adds.

- Saturated Fat: 0.63 g
- Sodium: 0 mg
- Cholesterol: 0 mg

Six Whole-Grain Pretzel Sticks

For those who don't like nuts, pretzels are just as convenient when you're on the move. To stay under 100 calories, stick to six whole-grain pretzel sticks. This snack is cholesterol-free, low in fat and sugar, and provides more than 3 g of fiber to help tide you over.

- Saturated Fat: 0.4g
- Sodium: 257mg
- Cholesterol: 0 m

Blueberry Smoothie

A fruit smoothie offers a scrumptious way to get in some extra calcium and antioxidants during your day. Try blending 1/3 cup of nonfat yogurt with 2/3 cup of frozen blueberries and ice. "It's very refreshing and very cold," Blake says. "That slows down your ability to drink quickly." Snacks that take more time to finish are often more satisfying.

- Saturated Fat: 0 g
- Sodium: 59 mg
- Cholesterol: 2 mg

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1/3 Cup Edamame

These young soybeans are among the healthiest snacks you can find. A third of a cup has more than 8 g of protein and 4 g of fiber to help keep you full. As a bonus, you'll get nearly 10% of your recommended daily allowance of iron. Edamame is available in ready-to-eat containers for a quick snack on the run.

- Saturated Fat: 0.5 g
- Sodium: 4.5 mg
- Cholesterol: 0 mg

Eight Baby Carrots with Hummus (see my Hummus recipe!)

When you're craving a satisfying crunch, dip eight large baby carrots into 2 tablespoons of hummus. Carrots are an excellent source of vitamin A and beta carotene, while hummus adds protein. Pre-packaged baby carrots are convenient, and there are many varieties of hummus available.

- Saturated fat: 0.4 g
- Sodium: 210 mg
- Cholesterol: 0 mg

Apple Slices With Peanut Butter

Mixing sweet with salty is a tried and true way to satisfy the munchies. Measure 3/4 cup of apple slices and spread a thin layer of unsalted peanut butter on each slice. To stay near the 90-calorie mark, don't use more than 2 teaspoons of peanut butter in all.

- Saturated fat: 0.8 g
- Sodium: 2 mg
- Cholesterol: 0 mg

Half a Baked Potato with Salsa

Microwave a baked potato for an easy snack that's loaded with vitamin C, not with calories. Half of a medium-sized baked potato has 80 calories – keep the skin, which is packed with nutrients. Spread a tablespoon of salsa on top to spice it up without significantly boosting the calorie count.

- Saturated Fat: 0 g
- Sodium: 124 mg
- Cholesterol: 0 mg

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20 Pistachios

Don't let the high fat content in pistachios scare you off -- most of the fat is unsaturated or "good" fat. Eat 20 pistachios, and you'll only take in 80 calories and less than a gram of saturated fat. Plus, they're rich in protein, fiber, and several key vitamins and minerals. To avoid an unhealthy dose of sodium, eat them raw or dry roasted without salt.

- Saturated Fat: 0.8 g
- Sodium: 0 mg
- Cholesterol: 0 mg

1 Cup Tomato Soup

Tomato soup is full of disease-fighting nutrients, but contains as little as 74 calories per cup, no cholesterol, and less than 1 gram of saturated fat. Just keep in mind that there are many varieties. Cream of tomato is significantly higher in fat and calories. When buying canned soup, look for labels that say "low sodium" and check the calorie count.

- Saturated Fat: 0.19 g
- Sodium: 471 mg
- Cholesterol: 0 mg

1 Cup Grapes

Grapes are loaded with water, which means that a whole cupful has only 62 calories. The water content helps provide a feeling of fullness and keeps you hydrated. Grapes are also a terrific source of vitamin K and manganese, and contain some fiber to boot. They're great eaten fresh or frozen.

- Saturated Fat: 0.1 g
- Sodium: 2 mg
- Cholesterol: 0 mg

Smoked Salmon Pinwheel

For a savory snack under 60 calories, spread 1 tablespoon of low-fat cream cheese onto a slice of smoked salmon (lox) and roll it up. This salmon pinwheel is high in protein and heart-healthy omega-3 fatty acids, though the salt used to cure the salmon boosts the sodium content. Use a little less cream cheese and you can have two pinwheels for under 100 calories.

- Saturated Fat: 1.6 g
- Sodium: 495 mg
- Cholesterol: 13 mg