

100 Snacks with 100 Calories or Less



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

This list of snacks fits every craving. Remember, while some of the foods listed here are not the healthiest choice, they can fit in a healthy diet if eaten in **moderation**.

Meats

- 1 hardboiled egg
- 20 small shrimp
- 3 thin slices of lunch meat
- 1 ounce of beef jerky
- 1 ounce of turkey pepperoni



Source: NIH: National Institute on Aging

Nuts and Seeds

- 15 almonds
- 11 cashews
- 16 peanuts
- 25 pistachios
- 10 walnuts
- 4 tablespoons wasabi peas
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 1 tablespoon peanut butter



Source: NIH: National Institute on Aging

Fruits

- Fresh apple
- Fresh orange
- Small banana
- Fresh peach
- Fresh pear
- 2 fresh plums
- 25 grapes
- 20 cherries
- 1¼ cup mixed berries
- 1¼ cups watermelon
- 1¼ cups cantaloupe
- 1¼ cups honeydew melon
- 1¼ cups fresh pineapple
- ½ cup canned fruit (in light syrup)
- ½ cup applesauce
- ¼ cup dried cranberries (Craisins®)
- ¼ cup (mini box) raisins
- ¼ cup dried fruit



Source: NIH: National Institute on Aging

Vegetables

- Up to 2 cups raw vegetables (carrots, broccoli, celery, cucumber, sugar snap peas) with 2 tablespoons light ranch dressing
- 2 cups salad greens with 2 tablespoons light dressing
- 3 tablespoons hummus with 1 cup raw vegetables
- 30 pods edamame
- ¼ cup salsa with 10 baked tortilla chips
- 1 tablespoon peanut butter with 1 cup celery



Source: CDC/Mary Anne Fenley

Dairy Products

- 1 cup fat free or skim milk
- ½ cup reduced fat chocolate milk
- 6 ounces light yogurt
- 1 Dannon Light & Fit yogurt smoothie
- ½ cup fat free pudding
- 2 ounces reduced fat cheese (such as American, Swiss, cheddar, Colby)
- 1 ounce/slice string cheese
- ½ cup low fat cottage cheese



Source: NIH: National Institute on Aging

Starches

- 8 saltine crackers
- 25 oyster crackers
- 12 Baked Lays chips (any flavor)
- 40 Goldfish crackers (any flavor)
- 6 Ritz crackers
- 7 reduced fat Ritz crackers
- 5 Triscuit crackers
- 6 reduced fat Triscuit crackers
- 9 mini peanut butter or cheese Ritz crackers
- 18 mini pretzel twists
- 5 chocolate graham crackers
- 6 honey graham crackers
- ⅓ cup Chex mix
- 1 cup dry cereal (such as Kix, Cheerios, Life)
- 1 Quaker Chewy granola bar
- 1 package Quaker granola bites (cinnamon, peanut butter or chocolate)
- 1 package Lipton Cup-a-Soup (any flavor)
- ¾ cup Campbell's chicken noodle soup



Source: CDC/Mary Anne Fenley

- ½ cup tomato soup
- ¾ cup Campbell's 98% fat-free cream of mushroom soup
- 3 Totino's pizza rolls
- 1 slice whole wheat toast with 1 teaspoon Smart Balance Light spread
- Any 100 calorie pack (such as Cheese Nips, Ritz Mix, Dorritos)
- 4 cups light buttered popcorn



Source: NIH: National Institute on Aging

Sweets

- 4 Hershey Kisses
- 1 fun size candy bar
- 2 Twizzlers
- 12 gummy bears
- 1 package fruit snacks
- 2 Fruit Roll Ups
- 2 Fig Newtons
- 1 sugar free fudgsicle
- 1 creamsicle
- 1 Minute Maid fruit juice bar
- 1 popsicle
- 2 reduced fat Oreo cookies
- 13 animal crackers
- 7 iced animal crackers
- 4 cups Jollytime Light kettle corn
- 2 large rice cakes
- 1 cup sugar free gelatin with 2 tablespoons whipped topping
- ½ cup fat free ice cream
- 17 chocolate covered raisins
- 1 Nature Valley granola bar
- 3 medium Peeps
- 1 Kelloggs Rice Krispies Treat
- 9 large jelly beans
- 13 pieces candy corn
- 2 inch slice angel food cake
- 2/3 cup mini marshmallows
- 9 Tootsie Roll Midgets
- 5 Nilla wafers
- 3 bars Laffy Taffy
- 8 ounce latté made with fat free or skim milk



Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.