

A Sample List of Healthy Snacks Less Than 150 Calories



Food/ Snack	Number of Calories
1. Celery stalks - 2	10
2. Carrots ½ cup	25
3. Strawberries, 1 cup	43
4. Grapefruit Juice, ½ cup	48
5. Orange Juice ½ cup	60
6. Pretzels (10)	70
7. Hard Boiled Egg	72
8. Jello ½ cup	80
9. String Cheese, 1 ounce	80
10. Apple, 1 medium	81
11. Cottage Cheese, 1 percent fat, ½ cup	82
12. Pear	86
13. Banana	89
14. Peanut Butter (tablespoon)	105
15. Popcorn, air-popped, 1 ounce	110
16. Frozen Yogurt, ½ cup	114
17. 2% milk 1 cup	121
18. 1 English Muffin	130
19. Oatmeal 1 cup, with artificial sweetener	132
20. Corn on the Cob (1 ear)	130