

The Centre for Dance Nutrition and Healthy Lifestyles

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100 Calorie Snack Ideas

½ plain whole wheat bagel
2 fig type cookies
20 mini-pretzels
1.5 slices of wheat bread
1 medium banana
½ banana with 2 tsp of peanut butter spread on it
1 large grapefruit
1 large apple
3 small peaches
25 seedless grapes
½ cantaloupe with large spoonful of whipped topping
½ cup sweetened applesauce with ¼ cup berries
½ cup cottage cheese with ¼ cup fruit
6 oz low fat yogurt (120 cal)
½ cup (4oz) ice cream (110 cal)
4 squares of graham crackers
20 yogurt raisins
1 piece string cheese and 5 crackers
1 cup orange juice
1 large orange (2 Clementines)
5 dried apricots
1.5 cups regular microwave popcorn
1 cup sweet red pepper slices with 3 tbs hummus
1 cup baby carrots with 1.5 tbs of ranch dressing
0.5 cups white rice with 10 endamames and soy sauce
12 almonds
20 peanuts
5 Triscuits