

# 50 Healthy Snacks

Snacks can be a dieter's best friend, if you choose the right ones. The list below offers meal bites that will help you stay slim and satisfied. Those marked with an \* contain a protein, fiber, calcium or antioxidants to keep your body at its best. The rest will help fend off a craving without a lot of added fat, sugar or calories. No matter what you choose, you'll lose weight, that is

- 23 almonds (162 calories)  
*This is our top savory super snack because it offers fiber, heart-healthy fats and vitamin E, which may help your body bounce back post-workout. The nuts also pack alpha-linolenic acid, which revs your body's fat-burning ability.*
- 5 olives (any kind) (45 calories)
- 1 small Martin's pretzel (50 calories)
- 2 oz Applegate Honey and Maple Turkey Breast wrapped around 2 bread-and-butter pickles (80 calories)\*
- 1/4 cup hummus, 3 carrot sticks (80 calories)\*
- 1 Wasa Multigrain Crispbread topped with 1 tbsp avocado and 1 tbsp hummus (80 calories)\*
- 6 steamed medium asparagus spears topped with 1 tablespoon toasted almond slivers (80 calories)\*
- 1/3 cup 1/2-inch-thick potato slices tossed with 1 teaspoon olive oil and a pinch of finely chopped rosemary, baked at 450 for 30 minutes (80 calories)\*
- 1/4 cup black beans combined with 1 tbsp salsa, 1 tbsp cottage cheese and 1/2 tbsp guacamole; savor with 4 celery stalks (80 calories)\*
- 1/4 cup 1/4-inch-thick cucumber slices, tossed with 3 oz nonfat plain yogurt, 2 tsp chopped cashews, 1 tsp lemon juice and 1 tsp finely chopped fresh dill (80 calories)\*
- 1/2 slice whole-wheat toast brushed with 1/2 tsp olive oil, topped with 1 tbsp Greek yogurt and a mixture of 3 tbsp diced tomatoes with a pinch of chopped garlic and basil (80 calories)\*
- 1 Laughing Cow Light Swiss Original wedge, 3 pieces Kavli Crispy Thin (85 calories)\*
- One 1-oz package tuna jerky (90 calories)\*
- 1 oz buffalo mozzarella, 1/2 cup cherry or grape tomatoes (94 calories)\*
- 1 bag Baked! Cheetos 100 Calorie Mini Bites (100 calories)
- 15 Eden's Nori Maki Crackers rice crackers (110 calories)
- 1 cup unshelled edamame (120 calories)\*
- 25 Eden's Vegetable Chips (140 calories)
- 1/4 cup Trader Joe's Chili con Queso, 18 baked tortilla chips (140 calories)
- 1/2 cup pumpkin seeds in shell (143 calories)\*
- 2 pieces (30 grams) prosciutto, 4 dried figs (154 calories)\*
- 9 cashews (180 calories)\*
- 1 Subway Turkey Breast Wrap (190 calories)\*

## Satisfy a sweet tooth

- 8 oz plain yogurt (110 calories, 0 g fat)\*  
*This get-skinny staple is the ultimate sweet snack. The mix of carbs and protein in lowfat yogurt keep blood sugar level, stave off hunger and helps your body store less fat. Add fresh berries for flavor and a punch of antioxidants.*
- 1 Fla-Vor-Ice Lite Sugar-Free (5 calories)
- 10 frozen grapes (20 calories)\*
- 1 package Original Apple Nature Valley Fruit Crisps (50 calories)
- 10 strawberries rolled in confectioners' sugar (71 calories)\*
- 1 packet O'Coco's Mocha cookies (90 calories)
- 1 Strawberry Froz Fruit bar (90 calories)\*
- 1 Jelly Belly 100-calorie pack (100 calories)
- One 100-calorie pack Trader Joe's Chocolate Graham Toucan Cookies (100 calories)
- One 100-calorie Balance Bar (100 calories)\*
- 2 Raspberry Newtons (100 calories)\*
- 1 Starbucks Mocha Frappuccino bar (120 calories)
- 1 package Back to Nature Honey Graham Sticks (120 calories)
- 1/2 banana rolled in 1 tbsp frozen semisweet chocolate chips (123 calories)\*
- 2 tbsp Better 'n Peanut Butter, 4 stalks celery (124 calories)\*
- 1 bag Orville Redenbacher's Smart Pop Butter Mini Bags topped with a spritz of butter spray and 1 tsp sugar (126 calories)\*
- 1 McDonald's Fruit 'n Yogurt Parfait (160 calories)\*
- 1 vanilla-almond shake: Blend 1/2 cup skim milk with 1/2 cup frozen yogurt and 1 drop almond extract (165 calories)\*
- 3/4 cup warm apple sauce (165)