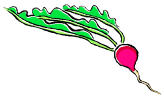
# LOW CALORIE SNACK SUGGESTIONS

## "Free" Foods (less than 20 calories)

Bouillon
Broth without fat
Cabbage (1 cup raw)
Carbonated water
Catsup (1 tbsp.)
Celery
Club soda
Coffee
Cucumber (1 cup)
Diet punch/lemonade
Diet soft drinks
Endive
Escarole
Fat free mayonnaise
Fat free salad dressing
Green onion
Horseradish
Hot peppers (1)
Lemon juice or vinegar
Lettuce (2 cups)
Low calorie whipped topping
Low salt seasonings/herbs
Molly McButter/Butter Buds
Mushrooms (1 cup raw)
Mustard
Radishes
Spinach (1½ cups raw)
Sugar free hard candy/gum
Sugar free jam/jelly (2 tsp.)
Sugar free Jell-O
Sugar free pancake syrup
Sugar free popsicles
Sugar substitutes
Taco sauce (1 tbsp.)
Tea
Unsweetened cocoa powder
Zucchini (1 cup raw)



## 25-30 Calories

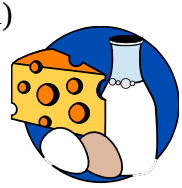
1 cup raw vegetables
1/2 cup cooked vegetables
1/2 cup crisp or puffed cereal (unsweetened)
1/2 cup vegetable juice
1 cup plain air popped popcorn
12 goldfish crackers
2 slices melba toast

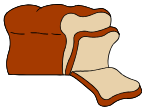
## 50-60 Calories

1 cup sugar free hot cocoa
1 cup "lite" microwave popcorn
1 oz. 95% fat free lunch meat
1 slice low calorie bread
1 small piece fresh fruit
1/2 banana
1/2 cup skim or 1% milk
1/2 cup unsweetened juice
1/2 plain baked potato
1/4 cup low fat cottage cheese
1/4 cup tuna packed in water
15 small grapes
2 gingersnaps
2 graham cracker squares
2 peach/pear halves (packed in own juice)
2 tbsp. raisins
3 dried prunes
3 triscuit crackers
3 vanilla wafers
4 saltines
6 wheat thin crackers

## 80-100 Calories

1 chicken drumstick (no skin)
1 cup broth-base soup
1 hard cooked egg
1 low fat granola bar
1 slice bread
1 slice low fat cheese
1 slice low fat or diet cheese
1 slice mozzarella cheese
1/2 bagel
1/2 cup low fat vanilla yogurt
1/2 cup sugar free pudding
1/2 English muffin
1/3 cup low fat frozen yogurt
1/4 cup sherbet
3/4 oz. pretzels





ASK YOUR DIETITIAN ABOUT THE NUMBER OF TOTAL CALORIES THAT YOU NEED

Nutrition & Food Service
SAVAHCS, Tucson, AZ (6/04)