

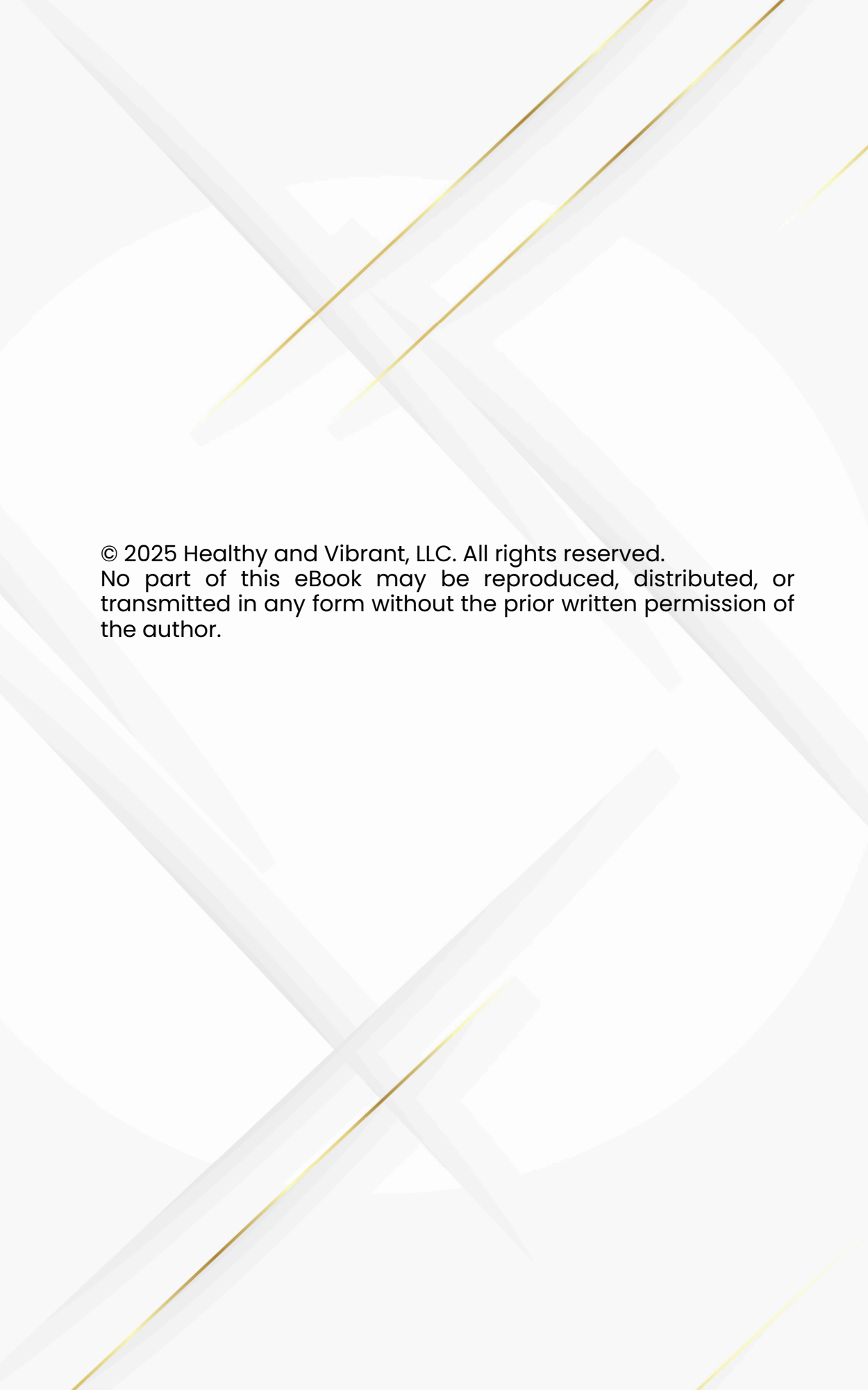


100-Calorie Healthy Snacks

for busy professionals
and working moms



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Welcome to Your 100-Calorie Snack Guide!

Are you juggling a busy schedule, balancing work and family, and trying to make healthier choices along the way? This eBook is your go-to solution for simple, satisfying snacks that fit seamlessly into your day.

Inside, you'll find a variety of delicious 100-calorie snack ideas thoughtfully categorized into fruits, veggies & dips, dairy and protein, whole grains, and hydration & miscellaneous. Each snack is designed to provide the energy and nutrition you need to tackle your day, whether you're at work, running errands, or managing a busy household.

As health coaches, we understand how hard it can be to prioritize your health with so much on your plate. That's why we created this guide—to make healthy snacking easy, accessible, and even a little fun. You'll find serving sizes, key benefits, and practical tips to help you enjoy these snacks while keeping your energy levels steady and your cravings satisfied.

This eBook is here to empower you to make healthier choices, even on your busiest days. So, dive in and discover how a little planning can go a long way in fueling your body and your life.

Here's to your health, energy, and well-being—one delicious snack at a time!



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Apple slices with almond butter



Apple slices paired with a tablespoon of almond butter create a fiber-rich snack that supports digestive health. The healthy fats and protein in almond butter also promote satiety and provide sustained energy.!

Banana with walnuts

Half a banana paired with $\frac{1}{3}$ ounce of walnuts makes a simple and satisfying snack. The banana² provides fiber, potassium, and antioxidants, while walnuts³ offer healthy fats and protein, supporting heart health and delivering steady energy.



1 Fresh Fruits

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Mixed berries



A cup of mixed berries is a nutrient-rich snack, high in soluble fiber that can help lower cholesterol. Their antioxidants may prevent heart disease and high blood pressure, promoting overall health and vitality.⁴

Clementines

Two clementines make a refreshing and nutritious snack. They are rich in vitamin C, which plays an important role in reducing inflammation and supporting a healthy immune system.⁵



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Grapes (about 17)



About one cup of grapes makes a refreshing and hydrating snack. Naturally sweet and packed with antioxidants, they may help protect against heart disease and high blood pressure, providing a quick energy boost.⁶

Sliced cucumber with hummus

Sliced cucumber with hummus provides a refreshing, hydrating snack. A $\frac{1}{2}$ cup of sliced cucumber⁸ paired with two tablespoons of hummus⁷ offers a satisfying crunch along with protein and fiber to support digestion and muscle health.



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A one-cup serving of strawberries is rich in vitamin C and polyphenols, antioxidants that support immune health and may help prevent certain diseases. The dietary fiber in strawberries aids digestion, while their anti-inflammatory properties contribute to overall health.⁹

Strawberries (1 cup)



Blueberries (½ cup) with a sprinkle of chia seeds



Combining blueberries and chia seeds offers a potent mix of antioxidants, fiber, and omega-3 fatty acids. Blueberries' anthocyanins support heart health, while chia seeds' fiber aids digestion, making this a nutrient-dense and delicious snack.¹⁰

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Watermelon



One cup of watermelon cubes is low in calories and high in water content, making it an excellent hydrating snack. Rich in lycopene, an antioxidant that may help prevent certain cancers, and potassium, which aids in regulating blood pressure, watermelon is a nutrient-packed choice for a healthy diet."

Peach

A medium-sized peach, approximately 2.5 inches in diameter, contains about 50 calories, making two peaches an ideal 100-calorie snack. Peaches are rich in vitamins A and C, which support immune function and skin health, and provide dietary fiber that aids digestion and helps maintain healthy blood sugar levels.¹²



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Kiwi



Consuming two medium-sized kiwis provides a substantial amount of vitamin C, which supports immune function and enhances iron absorption. Additionally, kiwis are rich in dietary fiber, promoting digestive health and aiding in blood sugar regulation.¹³

Pineapple

A one-cup serving of pineapple chunks is rich in vitamin C and manganese, supporting immunity, bone health, and metabolism. It also contains bromelain, an enzyme that aids digestion and reduces inflammation.¹⁴



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A serving of sweet cherries is approximately one cup (138g), providing about 87 calories. This portion offers beneficial nutrients like vitamin C, potassium, and dietary fiber, supporting immune function, heart health, and digestion.¹⁵

Cherries



Raspberries and Greek yogurt



A parfait combining $\frac{1}{2}$ cup of raspberries and $\frac{1}{2}$ cup of plain, nonfat Greek yogurt offers a nutritious snack. Raspberries provide fiber and vitamin C, supporting immune health, while Greek yogurt delivers protein for muscle maintenance and probiotics for gut health.¹⁶

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Orange segments

Oranges are an excellent source of vitamin C, supporting immune health and skin repair, while also providing dietary fiber for improved digestion. A serving is approximately one large orange or about 1 ¼ cups of orange segments.¹⁷



Mixed fruit salad with mint



Adding ¼ cup of fresh mint leaves to a one-cup fruit salad (e.g., a mix of berries, melon, and citrus) creates a refreshing snack. The mint not only enhances flavor but also supports digestion and provides antioxidants, making your fruit salad even more nutritious.¹⁸

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A serving of apricots is about four fresh apricots, offering a delicious combination of natural sweetness and nutrition. Adding a handful of chopped apricots to a one-cup fruit salad enhances the flavor while providing vitamins A and C, which support eye health and immune function.¹⁹

Apricots (4 whole)



Grapefruit



A serving of grapefruit is approximately one medium fruit, providing a rich source of vitamin C, which supports immune function and skin health. Additionally, grapefruit contains fiber and antioxidants that promote heart health and aid digestion.²⁰

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Sliced pear with cottage cheese

Pairing $\frac{1}{2}$ of a medium pear with $\frac{1}{4}$ cup of low-fat cottage cheese creates a balanced snack. The pear offers dietary fiber, aiding digestion, while the cottage cheese provides protein, promoting satiety and steady energy levels.²¹



Mango chunks



A serving of mango chunks is approximately one cup, providing a rich source of vitamin C, which supports immune function and skin health. Mangoes also contain dietary fiber, aiding digestion, and antioxidants that may help protect against certain diseases.²²

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Baby carrots with hummus

Pairing eight large baby carrots with two tablespoons of hummus creates a satisfying snack. Baby carrots are a good source of vitamin A and beta carotene, supporting eye health, while hummus adds protein and fiber, promoting satiety and digestive health.²³



Cherry tomatoes with feta cheese



A serving of one cup of cherry tomatoes paired with two tablespoons of crumbled feta cheese offers a delicious combination of freshness and flavor. Cherry tomatoes are rich in antioxidants and vitamin C, while feta cheese provides calcium and protein, supporting bone health and satiety.²⁴

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Celery sticks with peanut butter



A serving of three medium celery sticks paired with one tablespoon of peanut butter makes a crunchy, satisfying snack. Celery is low in calories and hydrating, while peanut butter adds protein and healthy fats to keep you energized.²⁵

Sugar snap peas

A serving of one cup of sugar snap peas is a crisp, refreshing snack packed with nutrients. These peas are rich in vitamin C, vitamin K, and fiber, supporting immune health, bone strength, and digestion.²⁶



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Sliced bell peppers with guacamole



A serving of one cup of sliced bell peppers with two tablespoons of guacamole combines vibrant flavor with heart-healthy nutrients. Bell peppers are rich in vitamin C and antioxidants, while guacamole provides healthy monounsaturated fats that support cholesterol management.²⁷

Broccoli florets with Greek yogurt dip

A serving of one cup of broccoli florets with two tablespoons of Greek yogurt dip makes a nutrient-packed snack. Broccoli is high in fiber, vitamin C, and antioxidants, while Greek yogurt adds protein and probiotics to support digestion and overall health.²⁸



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Radish slices with tzatziki



A serving of one cup of sliced radishes with two tablespoons of tzatziki is a crisp, refreshing snack packed with nutrients. Radishes are low in calories and rich in antioxidants and vitamin C, while tzatziki adds protein and probiotics. Fun fact: radishes contain compounds that may help detoxify the liver and support digestion!²⁹

Cauliflower florets with salsa

A serving of one cup of cauliflower florets with $\frac{1}{4}$ cup of salsa offers a crunchy and flavorful snack packed with nutrients. Cauliflower is rich in fiber, vitamin C, and antioxidants, while salsa adds a zesty kick with additional vitamins and minerals from its fresh ingredients.³⁰



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Zucchini slices with ranch dressing



A serving of one cup of zucchini slices paired with two tablespoons of ranch dressing offers a hydrating and crunchy snack. Zucchini is about 95% water, making it an excellent choice for hydration, and it's rich in potassium, which helps regulate blood pressure and support muscle function.³¹

Jicama sticks with lime juice

A serving of one cup of jicama sticks drizzled with lime juice is a crisp and refreshing snack with a tangy twist. Jicama is high in water content and inulin, a prebiotic fiber that supports gut health, while lime juice adds vitamin C to boost immunity and enhance flavor.³²



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Cucumber and cherry tomato skewers

A serving of cucumber and cherry tomato skewers (one cup total) offers a hydrating, colorful snack that's as nutritious as it is eye-catching. Cucumbers are packed with water and silica, promoting skin health, while cherry tomatoes provide a boost of antioxidants like lycopene, supporting heart health.³³



Asparagus spears (8-10) with balsamic glaze



A serving of one cup of asparagus spears drizzled with balsamic glaze makes for an elegant, nutrient-rich snack. Asparagus is an excellent source of folate, supporting cell growth and heart health, and contains natural diuretics that help reduce bloating.³⁴

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Edamame with sea salt



A serving of $\frac{1}{2}$ cup of shelled edamame with a sprinkle of sea salt is a satisfying, protein-packed snack. Edamame is rich in plant-based protein, fiber, and essential nutrients like folate and magnesium, supporting energy, digestion, and muscle function.³⁵

Carrot and cucumber roll-ups with turkey slices

A serving of three turkey slices rolled with thin strips of carrot and cucumber offers a protein-rich, low-carb snack. Turkey provides essential amino acids for muscle maintenance, while carrots and cucumbers add fiber, vitamins, and antioxidants, supporting digestion and overall health.³⁶



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Steamed artichoke hearts with lemon aioli



A serving of $\frac{1}{2}$ cup of steamed artichoke hearts with one tablespoon of lemon aioli offers a flavorful, nutrient-packed snack. Artichokes are rich in antioxidants and fiber, supporting liver health and digestion, while lemon aioli adds a tangy twist and healthy fats.³⁷

Bell pepper strips with hummus



A serving of one cup of bell pepper strips with two tablespoons of hummus makes a vibrant and satisfying snack. Bell peppers are loaded with vitamin C and antioxidants, while hummus adds protein and heart-healthy fats to keep you energized.³⁸

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Avocado with cherry tomatoes

A serving of $\frac{1}{4}$ avocado paired with $\frac{1}{2}$ cup of cherry tomatoes creates a creamy and refreshing snack. Avocados provide heart-healthy monounsaturated fats and potassium, while cherry tomatoes are rich in antioxidants like lycopene, supporting skin and heart health.³⁹



Roasted sweet potato wedges (approximately 6-8)



A serving of $\frac{1}{2}$ cup of roasted sweet potato⁴⁰ wedges is a flavorful and wholesome snack packed with nutrients. These wedges⁴¹ are rich in beta-carotene for eye health and complex carbs for lasting energy, making them as nutritious as they are satisfying.

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Pickle and Turkey Roll-Ups



Wrap three small pickles with three slices of deli turkey for a crunchy, satisfying snack. Pickles offer probiotics that support gut health, while lean turkey provides protein to keep you feeling full and energized.⁴²

Sliced radishes with light cream cheese

A serving of one cup of sliced radishes paired with one tablespoon of light cream cheese makes a crisp and creamy snack. Radishes are low in calories and rich in antioxidants, while light cream cheese adds a touch of protein and calcium for bone health.⁴³



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String cheese (1 stick)

One stick of string cheese is a convenient, protein-packed snack perfect for on-the-go. It provides calcium to support strong bones and teeth, along with protein to help keep you full and energized.⁴⁴



Greek yogurt with a drizzle of honey



A serving of $\frac{1}{2}$ cup of plain Greek yogurt with 1 teaspoon of honey makes a creamy and slightly sweet snack. Greek yogurt provides protein and probiotics for gut health, while honey adds a natural touch of sweetness along with antioxidants.⁴⁵

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Cottage cheese with pineapple

A 100-calorie serving of cottage cheese with pineapple combines approximately $\frac{1}{2}$ cup of low-fat cottage cheese with $\frac{1}{4}$ cup of pineapple chunks. This pairing offers a balance of protein and vitamin C, supporting muscle maintenance and immune function.⁴⁶



Hard-boiled egg



One large hard-boiled egg is a perfect 100-calorie snack packed with high-quality protein to keep you full and energized. Eggs are also rich in choline, which supports brain health, and provide essential vitamins like B12 and vitamin D.⁴⁷

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Light mozzarella cheese sticks

Baked mozzarella sticks can be a satisfying snack that fits within a 100-calorie limit when portioned appropriately. For instance, one baked mozzarella stick typically contains about 50 calories, so enjoying two sticks would provide approximately 100 calories.⁴⁸



Turkey or chicken breast roll-ups



Turkey or chicken breast roll-ups make a lean and protein-packed snack that fits perfectly into a 100-calorie plan. Two to three slices of deli-style turkey or chicken breast provide high-quality protein to support muscle health and keep you feeling satisfied.⁴⁹

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Smoked salmon on cucumber slices



Smoked salmon paired with cucumber slices makes a light, refreshing snack that's full of flavor and nutrients. A two-ounce serving of smoked salmon with six-eight cucumber slices provides heart-healthy omega-3 fatty acids, along with hydration and crunch from the cucumbers.⁵⁰

Quinoa salad with cherry tomatoes

Quinoa salad is a naturally gluten-free snack, rich in protein and fiber, making it a great choice for gut health. Combining $\frac{1}{4}$ cup of cooked quinoa with $\frac{1}{2}$ cup of cherry tomatoes adds vibrant color, juiciness, and a burst of fresh flavor to this nutritious snack.⁵¹



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A 100-calorie serving of hummus-stuffed cherry tomatoes includes approximately eight cherry tomatoes and two tablespoons of hummus. This snack combines the antioxidants and juiciness of cherry tomatoes with the creamy, fiber-rich goodness of hummus for a perfectly balanced bite.⁵²

Hummus-stuffed cherry tomatoes



Pistachios



A serving of 25 pistachios is a delicious and satisfying snack packed with heart-healthy fats, protein, and fiber. This portion-controlled option supports digestion and heart health—perfect for mindful snacking!⁵³

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Greek yogurt with sliced almonds



A serving of $\frac{1}{2}$ cup of plain Greek yogurt topped with one teaspoon of sliced almonds makes a creamy and crunchy snack. Greek yogurt provides protein and probiotics for gut health, while almonds add healthy fats and a satisfying texture.⁵⁴

Cottage cheese with sliced strawberries

A serving of $\frac{1}{2}$ cup of low-fat cottage cheese topped with $\frac{1}{4}$ protein-packed snack. Cottage cheese supports muscle health with its high protein content, while strawberries provide antioxidants and vitamin C for immune support.⁵⁵



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Chia seed pudding

A serving of chia seed pudding made with one tablespoon of chia seeds and $\frac{1}{4}$ cup of unsweetened almond milk creates a creamy, nutrient-packed snack. Chia seeds are rich in omega-3 fatty acids, fiber, and protein, supporting heart health, digestion, and sustained energy.⁵⁶



Tuna salad lettuce wraps



Tuna salad lettuce wraps, made with $\frac{1}{4}$ cup of tuna salad and a few crisp lettuce leaves, offer a light yet protein-rich snack. Tuna provides heart-healthy omega-3s and lean protein, while lettuce adds crunch and keeps the snack low-carb and refreshing.⁵⁷

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Roasted chickpeas



A serving of $\frac{1}{4}$ cup of roasted chickpeas makes a crunchy and satisfying snack loaded with plant-based protein and fiber. Chickpeas help support digestion, keep you full longer, and provide a boost of energy for your day.⁵⁸

Cottage cheese with sliced peaches

A serving of $\frac{1}{2}$ cup of low-fat cottage cheese topped with $\frac{1}{4}$ cup of sliced peaches is a sweet and creamy snack packed with nutrition. Cottage cheese provides high-quality protein to keep you satisfied, while peaches add natural sweetness, vitamin C, and fiber for digestive health.⁵⁹



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Almond milk with a sprinkle of cinnamon



A cup of almond milk with a sprinkle of cinnamon is a warm, comforting snack that's both flavorful and nutritious. If using sweetened almond milk, it provides a touch of natural sweetness along with vitamin E for skin health and calcium for strong bones.⁶⁰

Turkey jerky

Turkey jerky is a convenient and protein-rich snack that's perfect for on-the-go. A one-ounce serving provides lean protein to support muscle health and energy, with fewer calories and less fat than traditional beef jerky.⁶¹



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Egg salad on whole-grain crackers

A serving of two tablespoons of egg salad on two whole-grain crackers makes a satisfying and balanced snack. The egg salad provides high-quality protein, while the crackers add fiber to support digestion and keep you energized.⁶²



Peanut butter on a rice cake



A serving of one small rice cake topped with one teaspoon of peanut butter is a simple and nutritious snack. Peanut butter adds protein, healthy fats, and antioxidants, while the rice cake provides a crunchy, low-calorie base.⁶³

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Popcorn



A serving of three cups of air-popped popcorn makes a light, crunchy snack that's naturally low in calories. Packed with fiber and whole grains, popcorn supports digestion and keeps you feeling full longer.⁶⁴

Whole-grain rice cakes can be part of a balanced diet that supports blood sugar management, which may help prevent Type 2 diabetes when paired with healthy eating habits. Whole grains are digested more slowly than refined grains, providing steady energy and preventing blood sugar spikes.⁶⁵

Whole-grain rice cakes (2)



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Quinoa and black bean salad

A small serving of quinoa and black bean salad (about $\frac{1}{4}$ cup of quinoa and $\frac{1}{4}$ cup of black beans) creates a protein-packed, fiber-rich snack. Quinoa provides all nine essential amino acids, while black beans add heart-healthy fiber and antioxidants for a nourishing and satisfying bite.⁶⁶



Oatmeal with a sprinkle of cinnamon



A serving of $\frac{1}{4}$ cup of cooked oatmeal with a sprinkle of cinnamon offers a cozy, nutrient-packed snack. Oatmeal is high in soluble fiber, promoting heart health and digestion, while cinnamon adds a warm flavor and may help with blood sugar control.⁶⁷

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Whole-grain crackers with cheese



A serving of two whole-grain crackers with one slice of cheese creates a balanced snack that pairs fiber with protein and calcium. For variety, try options like low-fat cheddar, mozzarella, or gouda to match your taste and nutrition preferences.⁶⁸

Brown rice cake with avocado

A brown rice cake topped with mashed avocado makes for a nutritious and satisfying snack. Brown rice cakes are low in calories and provide whole grains, while avocados offer healthy fats, fiber, and essential nutrients that support heart health.⁶⁹



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Whole-grain tortilla with salsa

A small whole-grain tortilla paired with two tablespoons of salsa creates a flavorful and wholesome snack. Whole-grain tortillas provide fiber for sustained energy, while salsa adds a burst of fresh flavor along with vitamins like vitamin C.⁷⁰



Whole-wheat English muffin with almond butter



Half of a whole wheat English muffin topped with one teaspoon of almond butter makes a hearty and satisfying snack. The English muffin provides fiber and essential nutrients, while the almond butter adds healthy fats, protein, and vitamin E to support heart health and sustained energy.⁷¹

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Mini whole-grain bagel with cream cheese



Half of a mini whole-grain bagel topped with one teaspoon of cream cheese makes a delicious and balanced snack. The whole-grain bagel provides fiber for sustained energy, while the cream cheese adds a touch of protein and creaminess to satisfy cravings.⁷²

Pumpkin seeds

A serving of two tablespoons of pumpkin seeds not only provides essential nutrients like magnesium and zinc but also contains tryptophan, an amino acid that supports better sleep and mood regulation. These seeds are also rich in antioxidants, which may help reduce inflammation and protect against chronic diseases.⁷³



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Rice cake with light cream cheese and strawberries



One small rice cake topped with one teaspoon of light cream cheese and one sliced strawberry offers a sweet and creamy snack with a satisfying crunch. The rice cake provides a light base, while the cream cheese adds a touch of protein and strawberries bring natural sweetness along with vitamin C and antioxidants.⁷⁴

Whole-grain pretzels (about 20)

Whole-grain pretzels can support metabolism due to their fiber content, which helps regulate digestion and maintain steady blood sugar levels. The fiber in whole grains also helps with satiety, preventing overeating and supporting overall metabolic health.⁷⁵



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Whole-grain pita bread with hummus



For a balanced snack, a serving of $\frac{1}{2}$ whole grain pita (about 60–70 calories) with two tablespoons of hummus (about 50–60 calories) makes a satisfying and nutritious option. This combination offers fiber, protein, and healthy fats to keep you full and energized.⁷⁶

A serving of one slice of whole grain toast topped with $\frac{1}{4}$ of a mashed avocado offers a nutritious and satisfying snack. Whole grain toast provides fiber and essential nutrients, while avocado adds healthy fats, fiber, and vitamins that support heart health and digestion.⁷⁷

Whole-grain toast with smashed avocado



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Combining whole grain cereal with unsweetened almond milk creates a nutritious and satisfying snack. Whole grain cereals are rich in fiber and essential nutrients, while unsweetened almond milk adds a creamy texture with minimal calories and no added sugars.⁷⁸

Whole-grain cereal with unsweetened almond milk



Quinoa-stuffed bell peppers



Quinoa-stuffed bell peppers offer a nutritious and flavorful meal. A typical serving consists of one bell pepper filled with a mixture of cooked quinoa, black beans, corn, diced tomatoes, and spices.⁷⁹

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Whole-grain waffle with a dollop of Greek yogurt



A whole-grain waffle topped with a dollop of Greek yogurt offers a nutritious and satisfying snack. Whole-grain waffles provide fiber and essential nutrients, while Greek yogurt adds protein, calcium, and probiotics that support bone health and digestion.⁸⁰

Here's a quick idea:

- ¼ cup cooked brown rice (about 50 calories)
- two slices of cucumber and a few shreds of avocado (about 40-50 calories)

This combination gives you a small, light sushi roll that fits the 100-calorie range while still providing fiber from the brown rice and healthy fats from the avocado. Adjust the filling to keep the calorie count in check!⁸¹

Brown rice sushi roll



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Whole-grain bread with light tuna salad

A serving of one slice of whole-grain bread topped with two tablespoons of light tuna salad provides a nutritious and satisfying snack. Whole-grain bread offers fiber and essential nutrients, while light tuna salad adds protein and omega-3 fatty acids.⁸²



Barley salad with diced vegetables ($\frac{1}{4}$ cup of cooked barley and $\frac{1}{2}$ cup of diced vegetable)



Barley salad, made with cooked barley and fresh diced vegetables, is a fiber-rich snack that supports digestion and heart health. The barley provides sustained energy, while the colorful vegetables add vitamins, minerals, and antioxidants to boost overall wellness.⁸³

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Infused water with cucumber and mint



Infused water with cucumber and mint offers a refreshing and hydrating snack. Cucumber adds a crisp, hydrating element, while mint provides a burst of flavor and may help soothe digestion and reduce inflammation.⁸⁴

Small apple and a piece of string cheese

A small apple paired with half a stick of string cheese creates a satisfying and balanced snack. The apple provides fiber and antioxidants to support digestion and heart health, while the string cheese offers protein and calcium to strengthen muscles and bones.⁸⁵



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Lightly salted edamame



A serving of $\frac{1}{2}$ cup of lightly salted edamame makes a protein-rich and satisfying snack. Edamame is packed with plant-based protein, fiber, and essential nutrients like iron and magnesium, which support muscle health and digestion.⁸⁶

Cherry tomatoes with mozzarella

A serving of $\frac{1}{2}$ cup of cherry tomatoes⁸⁷ paired with one ounce of mozzarella creates a tasty and nutritious snack. Cherry tomatoes are rich in antioxidants like lycopene, supporting heart health, while mozzarella provides protein and calcium for muscle and bone health.⁸⁸



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Unsweetened applesauce

A serving of $\frac{1}{2}$ cup of unsweetened applesauce offers a naturally sweet, low-calorie snack rich in fiber and antioxidants. Applesauce is beneficial for digestion and heart health, and its natural sweetness satisfies cravings without added sugars.⁸⁹



Mixed nuts



A serving of one ounce of mixed nuts provides a satisfying and nutrient-packed snack. Mixed nuts are a great source of healthy fats, protein, and fiber, which support heart health, boost energy, and help maintain healthy cholesterol levels.⁹⁰

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Trail mix

A $\frac{1}{4}$ -cup of trail mix combines a satisfying blend of nuts, seeds, and dried fruits for a nutrient-dense snack. Trail mix provides a good balance of protein, healthy fats, and carbohydrates, making it a great choice for energy and recovery, especially after physical activity.⁹¹



Sliced turkey with mustard



A serving of two-three ounces of sliced turkey with one teaspoon of mustard makes a lean, protein-rich snack that supports muscle health. Turkey provides high-quality protein for muscle maintenance, while mustard adds flavor and contains antioxidants that support digestion and reduce inflammation.⁹²

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Lightly salted popcorn trail mix



Lightly salted popcorn mixed with nuts and dried fruits creates a satisfying, balanced snack. For a 100-calorie portion, try one cup of air-popped popcorn, one tablespoon of mixed nuts, and one tablespoon of dried fruit.⁹³

Chocolate-covered strawberries

Chocolate⁹⁴-covered strawberries offer a delicious mix of sweetness and richness, combining the health benefits of strawberries with the indulgence of chocolate. Typically, three chocolate-covered strawberries would equal around 100 calories.⁹⁵



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Dark chocolate square



One ounce of dark chocolate (about one-two small squares) provides heart-healthy antioxidants and flavonoids that support blood flow and brain function. Consumed in moderation, it offers a rich, satisfying treat with numerous health benefits.⁹⁶

Seaweed snacks



Seaweed is a nutrient-dense snack rich in vitamins, minerals, and antioxidants that support overall health. It's particularly high in iodine, which supports thyroid function, and provides fiber to aid digestion.⁹⁷

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Veggie chips

Veggie chips⁹⁸, made from vegetables like sweet potatoes and beets, offer a crunchy, lower-calorie alternative to regular chips. However, commercial options may contain added sugars and high sodium, so it's best to enjoy them in moderation.⁹⁹



Mixed olives



A serving of 10-12 mixed olives provides a flavorful, healthy snack rich in monounsaturated fats, which support heart health. Olives are also high in antioxidants, promoting skin health and reducing inflammation.¹⁰⁰

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Pickle spears



A serving of two-three pickle spears offers a tangy and low-calorie snack that's rich in antioxidants and can aid digestion. Pickles also contain probiotics, which support gut health and help balance beneficial bacteria in the digestive system.¹⁰¹

Baked sweet potato chips (about 15 chips)

A serving of one ounce (about 10-15 baked sweet potato chips) offers a crunchy, nutrient-packed snack. Sweet potatoes are high in beta-carotene, which supports eye health, and provide fiber to aid digestion and promote healthy blood sugar levels.¹⁰²



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Dried apricots

A serving of four-five dried apricots provides a sweet, nutrient-dense snack rich in fiber, which supports digestive health. They are also a good source of vitamins A and C, which promote skin health and boost the immune system.¹⁰³



Small handful of sunflower seeds



A serving of one ounce (about $\frac{1}{4}$) offers a satisfying snack rich in healthy fats, protein, and fiber. Sunflower seeds also provide vitamin E, which supports skin health, and magnesium, which helps maintain healthy muscle function.¹⁰⁴

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Unsweetened almond milk (1 cup)

Unsweetened almond milk typically contains 30-40 calories per cup. It's low in calories, dairy-free, and provides a good source of vitamins like vitamin E and calcium.¹⁰⁵



Fresh salsa with cucumber slices



Fresh salsa¹⁰⁶ with cucumber slices is a refreshing, low-calorie snack. A one-cup serving of salsa contains about 67 calories, while one-cup of cucumber slices provide only 16 calories, making this a hydrating snack packed with antioxidants and vitamins.¹⁰⁷

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Practical Tips for Healthy Snacking

- 1. Portion Control:** Use measuring tools, your hand, or visual cues (e.g., a golf ball size for two tablespoons) to ensure snacks fit your goals.
- 2. Prepping Ahead:** Save time and avoid temptation by preparing snacks in advance. Keep them in portioned containers for grab-and-go convenience.
- 3. Hydration Matters:** Pair snacks with water, herbal teas, or low-calorie beverages to stay hydrated and enhance digestion.
- 4. Mindful Eating:** Eat slowly, savor the flavors, and tune into your body's hunger and fullness cues to avoid overeating.
- 5. Balance and Variety:** Choose snacks from different categories to keep your nutrition balanced and prevent boredom.
- 6. Keep Snacks Visible and Accessible:** Place pre-portioned snacks in plain sight at home or work to encourage healthy choices.
- 7. Avoid Distractions While Snacking:** Try to eat without multitasking to enjoy your snack fully and prevent mindless overeating.
- 8. Choose Quality Ingredients:** Opt for fresh, whole foods whenever possible and read labels to avoid excess sugar, sodium, or additives.
- 9. Don't Skip Meals:** Use snacks to bridge the gap between meals, not as meal replacements, to maintain steady energy.
- 10. Be Flexible:** Life gets busy—if a snack idea doesn't fit your day, adapt or swap for something similar.

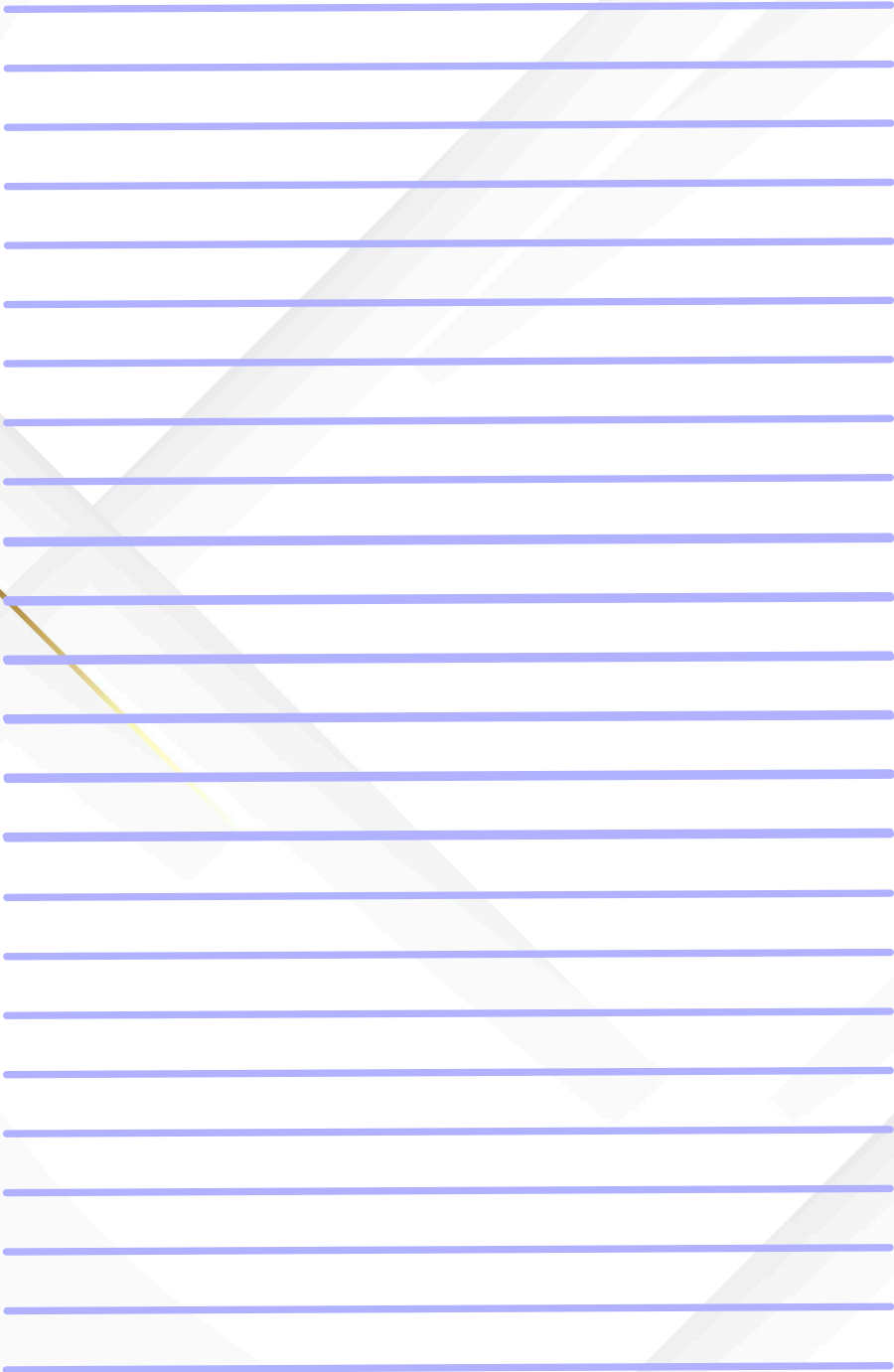


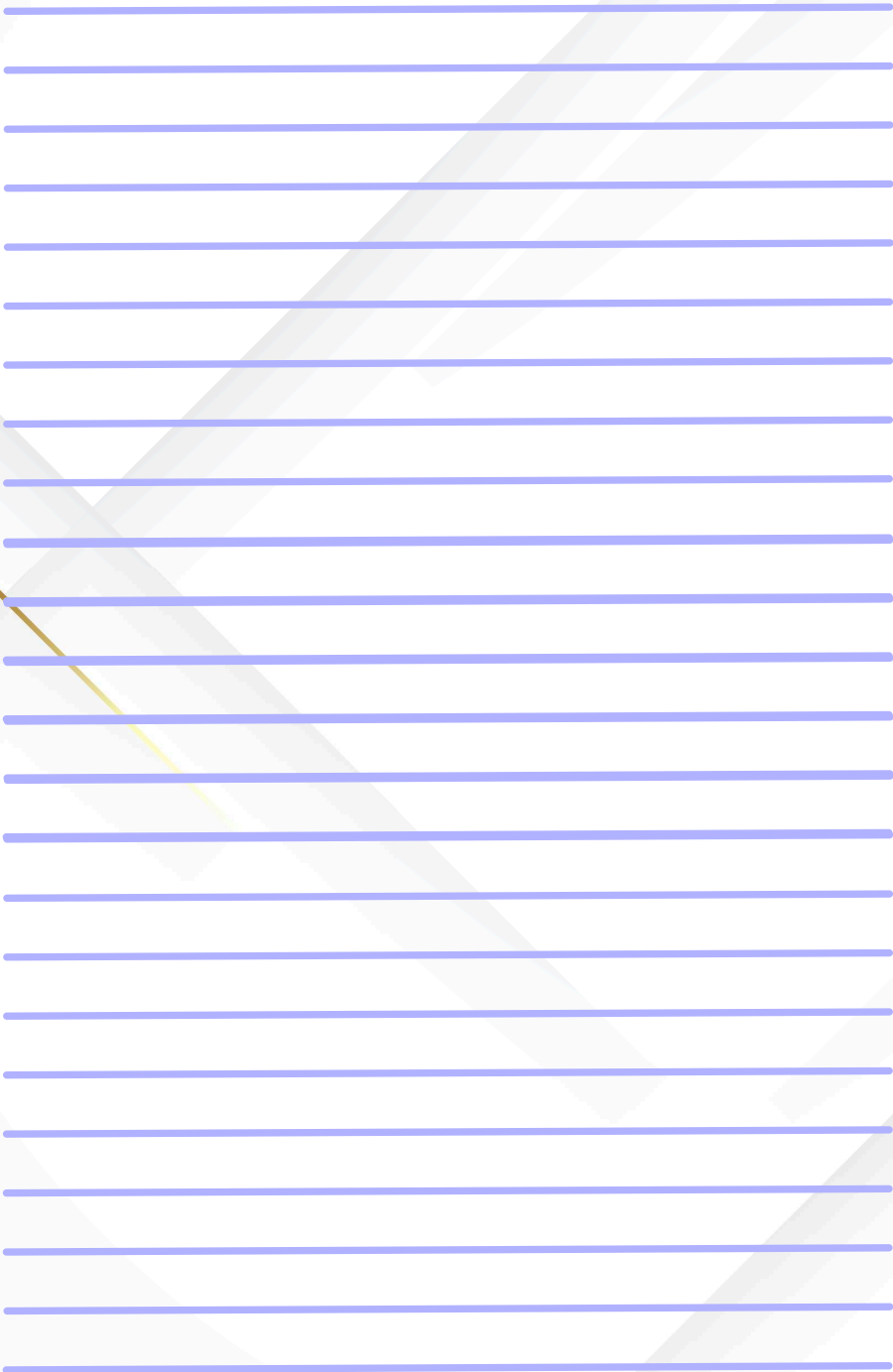
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These carefully curated snacks provide a variety of nutrients and flavors to keep your energy steady and hunger at bay, all while staying within a 100-calorie range. Remember to stay hydrated, listen to your body's hunger and fullness signals, and nourish yourself with intention.

Thank you for letting us be a part of your wellness journey!



Acknowledgement

This eBook would not have been possible without the incredible support and collaboration of so many. We are deeply grateful to our virtual assistant, Faith Virgo-Bacani, for her creativity and dedication in designing a visually stunning resource. A heartfelt thank-you also goes to our incredible team of Better Together coaches, whose passion for empowering others and commitment to wellness inspire us daily.

A special thank-you goes to Erica Schultz for her meticulous proofreading, which ensured this resource was polished and professional.

To the busy professionals and working moms who motivate us to keep creating tools that empower healthier lifestyles—you are at the heart of everything we do.

Finally, to our families, friends, and mentors: your unwavering encouragement and belief in our vision gave us the strength to bring this project to life. Thank you for being our greatest cheerleaders.