



Calorie Charts 200 Snacks Under 100 Calories

Breads	ries 75
Food Variety Serving Size Calo	75
Bagel plain 1/2 medium (1 oz.)	15
Bread white 1 slice	80
Bread wheat 1 slice	80
Bread light 1 slice	40
Breadsticks soft 1/2 (1 oz.)	75
Cornbread - 1/2 piece (1 oz.) 95	
English muffin - 1/2 medium	68
Melba toast - 4	80
Muffin blueberry 1/2 (1 oz.)	80
Muffin bran 1/2 (1 oz.)	80
Muffin corn 1/2 (1 oz.)	88
Popovers - 1/2 (1 oz.)	65
Cereals	
Food Variety Serving Size Calo	ries
Grits cooked 1/2 cup	70
Oatmeal cooked 1/2 cup	75
Granola low-fat, ready-to-eat 1/4 cup	95
Oat cereal toasted, ready-to-eat 1/2 cup	55
Puffed rice ready-to-eat 1 cup	50
Raisin Bran ready-to-eat 1/4 cup	50
Crackers	
Food Variety Serving Size Calo	ries
Animal crackers plain 6	85
Animal crackers iced 3	75
Graham crackers - 1 sheet	55
Matzoh - 1/2 sheet	55

Snack Foods

Oyster crackers

Saltines

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Food	Variety	Serving Size	Calories
Snack cracker	butter	5	80
Popcorn	air popped	3 cups	90
Popcorn	microwave	1.5 cups	55
Popcorn	microwave light	3 cups	60
Popcorn	oil popped	1 cup	55
Popcorn	caramel	1/2 cup	75
Popcorn	cheese	1 cup	64
Potato chips	baked	5	60
Potato chips	regular	10	75
Pretzels	twists	4 large	55
Pretzels	twists	8 small	55
Tortilla chips	baked	10 bite size	55
Tortilla chips	regular	6 rounds	75
Tortilla chips	regular	3 restaurant style	68

Calorie Charts 200 Snacks Under 100 Calories, continued

Fruits

uits				
	Food	Variety	Serving Size	Calories
	Apple	-	1 medium	80
	Applesauce	sweetened	1/4 cup	50
	Applesauce	unsweetened	1/2 cup	50
	Apricots	dried	4 halves	40
	Apricots	fresh	1 medium	20
	Avocado	-	1/4 medium	80
	Banana	-	1/2 medium	55
	Blackberries	-	1 cup	75
	Blueberries	-	1 cup	80
	Cantaloupe	-	1 cup	55
	Cherries	maraschino	1 medium	10
	Cherries	sour fresh	1/2 cup	40
	Cherries	sweet fresh	1/2 cup	60
	Cranberries	fresh	1/2 cup	25
	Fruit cocktail	canned in light syrup	1/2 cup	70
	Grapefruit	-	1/2 medium	40
	Grapes	-	17 medium	60
	Honeydew melon	-	1 cup	60
	Kiwi	-	1 medium	45
	Mandarin oranges	canned	1/2 cup	50
	Mango	-	1/2 medium	65
	Mixed dried fruit	-	1/4 cup	85
	Nectarine	-	1 medium	65
	Orange	-	1 medium	60
	Papaya	-	1/2 medium	60
	Peach	-	1 medium	40
	Pear	-	1/2 medium	50
	Pineapple	fresh	1 cup	75
	Pineapple	canned in light syrup	1/2 cup	65
	Plums	fresh	1 medium	35
	Plums	dried (prunes)	3 medium	60
	Raspberries	-	1 cup	60
	Strawberries	-	1 cup	50
	Tangerine	-	1 medium	35
	Watermelon	-	1 medium	50

Fruit & Vegetable Juices

Food	Variety	Serving Size	Calories
Apple juice or cider	-	1/2 cup	60
Apricot nectar	-	1/2 cup	70
Cranberry juice cocktail	regular	1/2 cup	73
Cranberry juice cocktail	reduced calorie	1 cup	45
Grape juice	-	1/2 cup	75
Grapefruit juice	-	1 cup	95
Lemon juice	-	2 Tbsp.	0
Lime juice	-	2 Tbsp.	10
Orange juice	-	1/2 cup	55
Pineapple juice	-	1/2 cup	70
Prune juice	-	1/2 cup	90
Tomato juice	-	1 cup	50
Vegetable juice	-	1 cup	50

Calorie Charts

200 Snacks Under 100 Calories, continued

Veget	tables			
-	Food	Variety	Serving Size	Calories
	Carrots	cooked	1/2 cup	35
	Carrots	raw	1 large	30
	Celery	raw	1 stalk	5
	Cucumber	raw	1/2 medium	20
	Lettuce	raw	1 cup	5
	Potato	baked	1 (2 oz.)	65
	Potatoes	mashed	1/2 cup	100
		w/milk and butter		
	Tomato	raw	1 medium	25
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Milk	Food	Variety	Serving Size	Calories
	Whole milk	white	-	
			1/2 cup	75
	Reduced-fat milk (2%)	white	1/2 cup	60 50
	Low-fat milk (1%) Fat-free milk	white	1/2 cup	50
	Fat-free milk	white chocolate	1 cup	90 72
		chocolate	1/2 cup	73 55
	Buttermilk, low-fat		1/2 cup	55 60
	Rice beverage Soy beverage	plain plain	1/2 cup	50
	Soy beverage	plain	1/2 cup	50
Yogui	rt			
•	Food	Variety	Serving Size	Calories
	Whole milk yogurt	plain	1/2 cup	90
	Low-fat yogurt	plain	1/2 cup	55
	Fat-free yogurt	plain	1/2 cup	50
	Low-fat yogurt	flavored	1/4 cup	58
	Fat-free yogurt	artificially sweetened	1/2 cup	50
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Chees	se			
	Food	Variety	Serving Size	Calories
	Cheese	regular (full fat)	1/2 oz.	55
	Cheese	reduced-fat	1 oz.	80
	Cheese	fat-free	1 oz.	40
	Cottage cheese	2%	1/4 cup	50
	Cottage cheese	fat-free	1/2 cup	80
	Cream cheese	regular	1 Tbsp.	50
	Cream cheese	reduced-fat	2 Tbsp.	70
	Cream cheese	fat-free	2 Tbsp.	30
	Feta cheese	-	1 oz.	80
	Mozzarella cheese	part-skim	1 oz.	80
	Ricotta cheese	low-fat	1/4 cup	70
	String cheese	-	1 oz.	70
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Froze	n Desserts		c · c·	
	Food	Variety	Serving Size	Calories
	Frozen yogurt	regular	1/4 cup	60
	Frozen yogurt	fat-free	1/2 cup	95
	lce cream	regular	1/4 cup	70
	lce cream	reduced-fat	1/4 cup	50
	Ice cream	fat-free	1/2 cup	90 70
	lce cream	fat-free w/ no added sugar	1/2 cup	70

Calorie Charts 200 Snacks Under 100 Calories, continued

Frozen Desserts, continued			
Sherbet	-	1/4 cup	65
Sorbet	-	1/4 cup	55
Processed & Deli Meats		-	
Food	Variatio		Colorias
	Variety	Serving Size	Calories
Bacon	fried	1 slice	35
Beef jerky	-	1 oz.	90 90
Bologna Canadian bacon	-	1 oz. 1 oz.	90 45
Pepperoni	-	1/2 oz.	70
Roast beef	deli	1 oz.	30
Sausage	smoked	1 oz.	95
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Poultry	Veriety		Colorios
Food	Variety	Serving Size	Calories
Chicken breast	with skin, cooked	1.5 oz.	85
Chicken breast	without skin, cooked	1.5 oz.	70
Chicken breast	deli with skin, cooked	1 oz. 1 oz.	45 70
Chicken thighs Chicken thighs	without skin, cooked	1.5 oz.	84
Chicken wings	roasted	1/2	50
Turkey breast	deli	1 oz.	30
Turkey, dark meat	with skin, cooked	1.5 oz.	94
Turkey, dark meat	without skin, cooked	1.5 oz.	80
Turkey, light meat	with skin, cooked	1.5 oz.	70
Turkey, light meat	without skin, cooked	1.5 oz.	60
Ground turkey	lean, cooked	1.5 oz.	85
Ground turkey	extra lean, cooked	1.5 oz.	60
Fish & Seafood			
Food	Variety	Serving Size	Calories
Catfish	cooked	1.5 oz.	65
Clams	-	6 large	90
Cod	cooked	3 oz.	90
Crab	cooked, blue, fresh	3 oz.	90
Crab	blue, canned	1/2 cup	70
Crab	imitation	3 oz.	90
Halibut	Atlantic, cooked	1.5 oz.	60
Lobster	cooked	1.5 oz.	55
Mussels	cooked	1.5 oz.	73
Orange roughy Oysters	cooked	3 oz. 6	75 65
Salmon	- Atlantic fresh, cooked	1.5 oz.	78
Salmon	smoked	1.5 oz.	50
Scallops	bay, cooked	1.5 oz.	60
Scallops	sea	3 large	60
Tuna	yellowfin, fresh, cooked	1.5 oz.	60
Tuna	canned in water	1/4 cup	60
Eggs			
Food	Variety	Serving Size	Calories

Food	Variety	Serving Size	Calories
Egg	-	1 large	75
Egg	white	1	15

Calorie Charts

200 Snacks Under 100 Calories, continued

Egg yolk 1 60 Egg substitute 1/4 cup Nuts & Seeds Food Variety Serving Size Calories Almonds - 12 84 Cashews - 9 83 Flax seeds - 17bsp. 95 Peanut Butter - 17bsp. 95 Peanuts oil roasted 20 85 Pecans - 17bsp. 50 Peanuts oil roasted 20 85 Pecans - 17bsp. 50 Pumpkin seeds - 17bsp. 50 Sunflower seeds - 17bsp. 50 Money - 17bsp. 50 Maple syrup - 17bsp. 50 Maple syrup regular 17bsp. 55 Pancake syrup regular 17bsp. 55 Pancake syrup regular 17bsp. 55 </th <th>Eggs, o</th> <th>continued</th> <th></th> <th></th> <th></th>	Eggs, o	continued			
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Hot cocoa mixwith water4 fl. oz.60Tonic water-8 fl. oz.85Sodadiet12 fl. oz.0		Club soda	-	8 fl. oz.	0
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Soda diet 12 fl. oz. 0			with water		
		Tonic water	-		85
			1	1ጋብ	0
5					
		Soda	regular	6 fl. oz.	73
		Soda Tea	regular brewed	6 fl. oz. 6 fl. oz.	73 5
		Soda Tea Tea	regular	6 fl. oz. 6 fl. oz. 8 fl. oz.	73 5 90
lea sweetened iced 8 fl.oz 90		Soda Tea	regular brewed	6 fl. oz. 6 fl. oz.	73 5
Teasweetened iced8 fl. oz.90Water-8 fl. oz.0		Soda Tea Tea	regular brewed	6 fl. oz. 6 fl. oz. 8 fl. oz.	73 5 90