

## 100 Calorie Snacks

(The perfect serving size fits in a snack size zip baggie!)

**Fresh Fruit: 1 medium**

**Dried Fruit** (raisins, cranberries, apricots, bananas): **2 Tbsp**

**Applesauce** (unsweetened): **1 cup**

**Applesauce** (sweetened): **½ cup**

**Canned Fruit** (in own juice or light syrup): **2/3 cup**

**100% Fruit Juice: 6 oz**

**Baby Carrots: 25-35**

**Raw vegetables: 3 cups**

**Salad** (pre-cut bag): **1 ¼ pound**



**Yogurt** (artificially sweetened): **6 oz**

**Yogurt** (regular): **4 oz**

**Low-fat Milk** (1%, ½% or skim): **1 cup (8 oz)**

**Chocolate Milk** (low-fat): **½ cup (4 oz)**

**Low-fat Cheese: 1½ oz**

**Low-fat or Fat-free Pudding: ½ cup**



**Reduced Fat Triscuits: 6**

**Reduced fat Wheat Thins: 13**

**Reduced fat Graham crackers: 2 long squares**

**Popcorn** (very light butter): **3 cups**

**Pretzels: 12 twists**

**Whole Grain Granola Bars** (Nature Valley, Fiber One, Quaker, Kashi):

**1 Cheerios/Kix/Rice Krispies: 1 cup**

**Raisin Bran/Shredded Wheat/Bran Flakes: ½ cup**

**Oatmeal** (plain): **½ cup or 1 pkt**

**100 calorie snacks: 1 pkt**



**Nuts: 2 Tbsp**

**Nut/Raisin/Chocolate Trail Mix: 2 Tbsp**

**Potato/Tortilla/Corn Chips** (low-fat, baked): **10**

**Muffin: 1 mini (1 oz)**

**Fig Newtons: 2**



**U.P. Diabetes Outreach Network**  
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