

# Better than 100 Calorie Packs

Do you find that 100-calorie packs are creeping into your diet? Some say that they're a good way to exercise portion control - the idea being that since they're wrapped up, you'll only eat that one pack and no more. But take a look at the ingredients – they are loaded with trans-fats and sugars, not to mention costly! Why not plan a mini meal or snack made up of real foods that contribute protein, fiber and other nutrients to your diet!

Here are some ideas that are all 100 calories or less!

|  | Grams of protein |
|--|------------------|
| Individual serving of skim milk (8 oz)   | 8                |
| <i>Silk</i> plain single serve soymilk (8 oz)  | 10               |
| 1 oz. or 2 Tbsp. hummus with 5 pretzel crisps ( <i>Sabra</i> Hummus To Go)   | 3.5              |
| ½ of container (2.5 oz.) tunafish ( <i>BumbleBee</i> Easy Peel Sensations, Lemon & Cracked Pepper) on 3 Reduced Fat <i>Triscuit</i> crackers * | 12               |
| 5.3 oz. container of <i>Oikos</i> organic yogurt or <i>Fage</i> Total 0% yogurt with ¼ cup blueberries   | 28               |
| Half of a medium pear with 1 oz. low-fat string cheese   | 8                |
| 15 grapes with 1 wedge <i>Laughing Cow</i> Lite cheese   | 2.5              |
| ½ cup cottage cheese (fat free) with ½ cup any raw veggies   | 14               |
| 2 cups light popcorn (94% fat free) with 2 tsp. reduced fat parmesan cheese *  | 3                |
| 14 baby carrots and ½ cup bell pepper strips with 2 Tbsp. fat free ranch dressing  | 2                |
| Half of a medium apple with 2 tsp. natural peanut butter   | 2.5              |
| 1 oz. (about 3 slices) turkey ( <i>Hillshire Farms</i> Deli Select Oven Roasted Turkey) with 1 slice 2% reduced fat cheese and mustard         | 16               |
| 1 slice light bread ( <i>Natures Own</i> Reduced calorie Honey wheat) with 2 tsp. natural peanut butter  | 5                |



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|  | Grams of protein |
|--|------------------|
| 14 unsalted almonds *  | 3.5              |
| ½ cup individual unsweetened applesauce with 4 walnut halves   | 1.5              |
| 2 small stalks of celery with 2 tsp. natural peanut butter topped with 20 raisins  | 3.5              |
| 4 oz. low-fat, no sugar added yogurt ( <i>Dannon Activa Light</i> ) with ¼ cup <i>Fiber One</i> cereal   | 6                |
| Trail Mix baggie: ¼ cup high-fiber dry cereal ( <i>Kashi Heart to Heart</i> ) with 15 raisins and 7 almonds *  | 3.5              |
| 1 small toasted multigrain pita ( <i>Toufayan Pitette</i> ) topped with 2 Tbsp. fresh salsa  | 4                |
| Homemade peanut butter crackers: 6 <i>All-Bran</i> Multigrain crackers with 1 ½ tsp. natural peanut butter   | 2.5              |
| 2 oz. lean roast beef ( <i>Hillshire Farms Deli Select Ultra thin</i> ), ½ oz. 1% reduced fat cheese ( <i>Cabot 75% reduced fat sharp cheddar</i> ) wrapped in 2 leaves of Bibb lettuce with mustard | 18               |
| 3 Avocado slices and 3 Tomato slices with mustard on a <i>Wasa</i> multigrain crisp  | 3                |
| 1 plain rice cake with ¼ cup fat free cottage cheese and 3 sliced strawberries   | 10.5             |
| Apple Mousse: Mix unsweetened applesauce with fat-free <i>Cool Whip</i> and 1/4 tsp. cinnamon. (Refrigerate)   | 0                |



\* no refrigeration required- perfect for keeping in your purse or desk!