

Nutrition for Fitness and Sports Lifestyles Wise and Healthy Snack Choices

200 calorie Snack ideas	300 calorie Snack ideas
1 Whole grain low sugar granola bar (Kashi) and ½ medium Banana or 1/2 other fruit	Cliff Bar and ½ medium Banana
1 Nectarine and 1 oz. blanched Almonds	1 medium Banana and ¼ chopped Walnuts
2 tbsp. Smooth style Peanut Butter and 1 cup Celery sticks	3 tbsp. Smooth style Peanut Butter and 1 cup Celery sticks
½ Cliff bar and 1 cup fresh Blueberries	½ cup plain Yogurt, 1/2 oz. Raisins and 1oz. Pecans (Flavored with Stevia sweetener and a dash of Cinnamon optional)
½ cup plain Yogurt and ¼ cup Raisins (Flavored with Stevia sweetener and a dash of Cinnamon optional)	1 cup Cottage Cheese and 1 slice Whole grain bread, toasted
4 oz. Cottage Cheese and 1 slice Whole grain bread, toasted	2 cups cubed frozen Papaya bites=109 calories
2 cups cubed frozen Papaya bites=109 calories	Romaine lettuce leaves (1/2 cup=4 calories)
Romaine lettuce leaves (1/2 cup=4 calories)	3 cups sliced Cucumbers, 1 ½ cups sliced Onions in water and Vinegar=123 calories
3 cups sliced Cucumbers, 1 ½ cups sliced Onions in water and Vinegar=123 calories	3oz. Baby Carrots=35 calories
3oz. Baby Carrots=35 calories	1 cup frozen Green Peas=111 calories
1 cup frozen Green Peas=111 calories	1 cup raw Spinach=7 calories
1 cup raw Spinach=7 calories	Whole grain, no sugar cereal (Muesli, Uncle Sams, Shredded wheat, Kashi GoLean):
Whole grain, no sugar cereal (Muesli, Uncle Sams, Shredded wheat, Kashi GoLean):	2 Shredded Wheat biscuits with 1 cup non fat milk and ½ med. Banana=295 calories
1 Shredded wheat biscuit with ¾ cup non fat milk and ½ med. Banana=196 calories	3 1/2 cups Non Fat Milk=278 calories
2 cups Non Fat Milk=172 calories	