



50 Calorie Snacks

Here are some ideas for light snacks that satisfy your cravings without supersizing you.

Surf 'n Turf

- 1 thin slice smoked salmon
- 1 ½ pieces California roll
- ½ Slim Jim
- 1 ½ strips bacon
- 2 thin slices turkey breast

Sweet

- 1 fig bar
- 1 Charms Jr. Blow Pop
- 1 tablespoon honey
- 2 Hershey's Kisses
- 12 M&M's chocolate candies
- 5 Brach's Jelly Beans
- 2 ½ cups sugar-free flavored gelatin

Crunchy

- 5 potato chips
- 2 cups light microwave popcorn
- 4 low-fat Honey Maid grahams
- 11 dry roasted peanuts
- 7 almonds

Fruits & Veggies

- 15 seedless grapes
- ½ large grapefruit
- 1 cup chopped cantaloupe
- 1 cup chopped watermelon
- 2 medium tomatoes
- 16 cherry tomatoes
- 12 baby carrots
- 4 pimiento-stuffed Queen olives
- 10 dill pickle spears

Vegan

- ½ Nature Valley Oats 'N Honey Granola Bar
- 1 Lightlife Smart Dogs meatless frank
- ½ cup vegetarian barley soup
- 2 pieces Turtle Island Tofurky Jurky

Frozen

- 6 oz. Dannon Light & Fit nonfat yogurt
- ½ low-fat ice cream sandwich
- 1 Breyers "Pure Fruit" Fruit & Cream Bar
- 1 Dove Ice Cream Miniature

Beverages

- 1 cup V8 100% Vegetable Juice
- 1 cup light apple juice
- 1 diet root beer w/ ¼ cup light vanilla ice cream
- 2 oz. red or white wine
- 6 oz. Bud Light

Combos

- ½ wedge honeydew melon w/thin slice ham
- 10 medium strawberries w/ 1 tbsp. Cool Whip
- 3 Nabisco Original Wheat Thins topped with low-fat cream cheese and thin slice pickle
- 3 saltines each topped w/ 2 thin slices turkey pepperoni
- ½ cup diced watermelon mixed w/ 1 tbsp. low fat yogurt