

Easy Snacks for Everyday Cravings

Sweet Tooth

- 5 Vanilla wafers
- 9 Tootsie Roll midgies
- 1 Skinny Cow or WW FF Fudge Bar
- 1 Nabisco 100 Calorie Pack cookies



Dairy Treats

- 1 Yoplait Light Smoothie
- 1 Laughing Cow Light Creamy Garlic & Herb Cheese wedge & 3 triscuits
- ½ c. low fat cottage cheese with 5 strawberries or ½ c. pineapple

Savory Bites

- 1 mini bag healthy pop popcorn
- 60 Pepperidge Farm baby goldfish
- 12 Quaker Cheddar cheese rice snacks
- 40 Rold Gold classic style pretzel sticks
- 29 pistachios



Fruits and Veggies

- 2 c. raspberries/or 1 c. blueberries
- 28 grapes (wonderful frozen)
- ½ medium cantaloupe
- 15 strawberries dipped in ¼ c. cool whip lite
- 45 steamed edamame (green soybeans)
- ½ red bell pepper dipped in 3. T. hummus
- 2 T. each of mashed avocado & chopped tomatoes in ½ mini pita

Source: *Good Housekeeping*, June 2006