



Easy Daily Snack Ideas

- 1 sliced apple with 1 oz. low-fat cheese
- ½ c. berries with ½ c. low-fat cottage cheese
- 18 frosted mini-wheat
- 6 oz. milk with 1 T. chocolate syrup
- 8 c. 94% fat-free microwave popcorn
- 1/3 c. trail mix with dried fruit and nuts
- ¼ c. humus with raw veggies
- 10 baked corn chips with salsa
- 1 grande Starbucks cappuccino made with skim milk
- 30 grapes
- 1 low-fat frozen fudge bar
- 1 multi-grain waffle with 2 tsp. peanut butter

Splurge Foods (once each week)

- 1 small piece apple pie
- 1 jelly-filled donut
- 1 regular size Snickers
- 1 grande (16) oz. Starbucks mocha frappuccino (no whipped cream)
- 2 Pepperidge Farm chocolate chunk cookies
- 30 peanut M&M's
- 2 light beers and 9 thin pretzel twists
- 2 5oz glasses of wine and 2 T. peanuts
- 1 small slice Entenmann's fudge iced golden cake



Source: Good Housekeeping Fall 2005