



# Snack Smart

**Here are some great snack options that come in portion sizes of 100 calories or less:**

- **Fruits and Veggies.** Fruits and vegetables offer many nutritional benefits and lots of fiber.
- **Yogurt.** This healthy snack is full of protein and calcium.
- **Popcorn.** Available in 100-calorie individual servings, popcorn will provide you a bountiful amount of whole grains.
- **Applesauce.** A single portion of this treat provides a full serving of fruit. Make sure to choose the natural variety without added sugar.
- **Popsicles.** Although popsicles don't offer any nutritional value, they come in a variety of flavors and may help you avoid indulging with other sweet treats.
- **String Cheese.** Opt for an individually wrapped piece of string cheese to get your fill of protein and calcium at less than 100 calories per serving.