

**Snacks-Low Calorie that meet the Harvard Healthy Eating Plate Guidelines**

Name	Serving size	calories	Fiber (g)	Cholesterol (mg)	Notes
Apple	2 ¾" around	71	4	0	
Applesauce	1 cup	105	3	0	Unsweetened, canned
Banana	7" long	105	3	0	
Blueberries	1 cup raw	85		0	
Broccoli	1c raw	31		0	
Broccoli	1c cooked	54	3	0	
Cantaloupe	1 cup raw	60		0	
Carrots	1c raw	44		0	
Carrots-baby	½ lb	88		0	
Carrot raisin salad	*	100		0	1 cup shaved carrots with 2 tablespoons raisins and 1 tablespoon balsamic vinegar
Cauliflower	1c raw	25		0	
Cauliflower	1c cooked	30		0	
Celery	1c raw	19		0	
Celery	1c cooked	27		0	
Cherry tomatoes	25 raw	100		0	
Cucumber	1 c raw	16	.5	0	
Cucumber Salad	2 c raw	40	1	0	2 c sliced cucumbers, 2 Tbs vinegar, 2 Tbs chopped onion
Grapes	29 raw	100		0	
Grapes	1 cup	62		0	
Honeydew melon	1c raw	64		0	
Kale Chips	1 c raw	66	2.6	0	1 c raw kale & 1 tsp oil <a href="http://happyherbivore.com/recipe/kale-chips/">http://happyherbivore.com/recipe/kale-chips/</a>
Kiwi	2 medium	95		0	
Mushrooms	1c raw	15		0	
Orange	1 medium 4.6oz	61	2	0	
Peach	1 medium 3.5oz	38	2	0	
Pineapple	1/2 c	60	1	0	Canned in juice not sugar
Popcorn	1c popped	31	1.2	0	Air popped; abt 1 Tbsp kernels=1 c popped
Radishes	1c raw	19		0	
Strawberries	26 raw	100		0	
Sweet Potato	5oz	100	3.7		Abt 5" long w/ skin baked or as baked fries
Watermelon	1 c diced	46		0	
Zucchini or yellow squash	1c raw	20		0	

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Snacks-Higher Calorie that meet the Harvard Healthy Eating Plate Guidelines					
Name	Serving size	calories	Fiber (g)	Cholesterol (mg)	Notes
Almonds	10	100	1.5	0	
Avacado	½ c raw	116	5	0	
Banana smoothie	7" Banana & 8oz almond milk	135			
Banana smoothie chocolate	7" Banana & 8oz choco almond milk	155			
Black bean slider	1-83g	170	6	0	Gardein 4 in a box like a White Castle burger incl bun: <a href="http://gardein.com/products/black-bean-sliders/">http://gardein.com/products/black-bean-sliders/</a>
Celery w/ Peanut butter	1 med stalk & 1 Tbsp PB	94	1	0	
Cereal-some	½ c	110	2	0*	Yogi Granola Crisps Mountain Blueberry Flax-DRY
Edamame	¼ cup	130		0	Seapoint Farms Dry Roasted Wasabi Edamame
Lentil Veg. soup	1 cup	160	8	0	Small bowl of Amy's Organic Lentil Vegetable soup
Hummus	2 Tbsp	52	1	0	
Muffin, apple	1	124	2.4	0	<a href="http://happyherbivore.com/recipe/apple-crisp-muffins/">http://happyherbivore.com/recipe/apple-crisp-muffins/</a>
Oatmeal	½ c dry	159	8.5	0	Reconstituted with water & spices make hearty snack
Peanuts, dry roasted	1 peanut	6		0	¼ c has 213 calories
Pineapple	1/2 c canned in juice	60	1	0	
Quinoa	1/3 c cooked	85			
Raisins	¼ c	130		0	
Rice, brown	½ c cooked	196	3	0	Cooked brown rice (½ c) w/¼ c vanilla soy milk & 2 Tbsp raisins (warmed in the microwave)
Trail Mix	¼ c	140	2	0	Bear Naked Peak Energy Cranberry Almond Trail Mix
7 grain Gardein tender	2 pieces	100	1	0	<a href="http://gardein.com/products/seven-grain-crispy-tenders-2/">http://gardein.com/products/seven-grain-crispy-tenders-2/</a>
Clif Bar	1 bar 68g	240	5	0	Peanut Butter; Choco chip same calories but 4 g fiber
Larabar	1 bar 48g	200	4	0	Cherry Pie flavor
Luna Bar	1 bar 48g	170	3	0	Iced Oatmeal Raisin
Probar	1 bar 85g	380	6	0	Superfood slam flavor
Granola Bar	2 bars	190	2	0	Nature Valley Oats and Honey
Granola	¼ cup	113			

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Low Calorie Snacks that do NOT meet the Harvard Healthy Eating Plate Guidelines					
Name	Serving size	calories	Fiber (g)	Cholesterol (mg)	Notes
Pretzels	20 mini	100	0	0	Snyders-like sold in vending machines
Rice Cakes	1	35	0	0	Quaker rice cake
Oreo	1 cookie	40	0	0	

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High Calorie Snacks that do NOT meet the Harvard Healthy Eating Plate Guidelines					
Name	Serving size	calories	Fiber (g)	Cholesterol (mg)	Notes
Animal crackers	17 (32g)	146	1	0	Barnum's Animals Crackers
Bagel	1 (4.5oz)	380	3	0	Great American Bagel Strawberry Bagel
Graham Crackers	1 slice-4 sections	118	.8	0	
Saltines	1	12	0	0	
Sandwich-tofu	1-4oz	180	0	0	Amy's Tofu Scramble in a Pocket Sandwich
Yogurt	1 (6oz)	170	0	10	Yoplait strawberry
Wheat Thins	1	9	0	0	16 has 140 calories & 2 g fiber

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