Gazelle Sports

100 Calorie Snacks

(The perfect serving size fits in a snack size zip baggie!)

Cherries: 1 Cup
100% Fruit Juice: 6 oz
Raw Vegetables: 3 cups of almost all types of Vegetables
Salad: 1 ¼ pound bag (pre-cut)
Apple: 1 Medium Size 3 inches
Strawberries: 2 Whole Cups Sliced up
Orange: 1 Large
Blueberries: 1 ¼ Cup
Grapefruit: 2 Large Grapefruits Plain
Watermelon: 1 ½ Wedges

Low-fat Milk: 1 cup (8oz) low fat is 1%, ½ % and skim
Banana: Medium Size
Yogurt: 4 oz
Reduced Fat Triscuits: 6
Reduced Fat Wheat Thins: 13
Graham Crackers: 2 Sheets
Saltines: 6
Air-popped Popcorn: 3 Cups
Pretzels: 12 to 15 individual
Cheerios/Kix/Rice Krispies/Special K: 1 Cup
Raisin Bran/Shredded Wheat/Bran Flakes: ½ Cup
Oatmeal (plain): ½ Cup or 1 Packet

Peanuts Dry Roasted: 19 Individual nuts
Trail Mix (nut/raisin/chocolate mix): 2 ½ tablespoons
Hershey Kisses: 3 individual kisses
Jell-O Fat Free Pudding Cups: 1 Cup
Almonds: 10 individual almonds
Jelly Beans Sugar Free: 45 individual pieces
Gummy Bears: 12 individual pieces
Chocolate Chip Cookies: 2 Medium Sized