

Healthy Snacks for 150 - 200 Calories

A healthy snack can be used between meals to help manage hunger. When choosing a snack you want to look for a protein/carbohydrate combo that gives fiber and not too much sugar.



The following are some on-the-go options between 150-200 calories. Your dietitian can help you plan when to have a snack and the best calorie range for you.

- Unsalted nuts (100 calorie package) + small piece of fruit
- ¼ cup unsalted or low-sodium dry roasted edamame, roasted chickpeas, roasted broad beans or 1 package Bada Bean Bada Boom™
- Celery sticks + 1 Tbsp nut/seed butter
- Carrot sticks + 1 BabyBell™ or string cheese
- 1 container cottage cheese: Breakstone™ 2% low-fat (4 oz.) or Good Culture™ (5.3 oz.) + ¼ cup berries
- 1 oz. cheese stick (light or 2% milk) with 1 serving whole grain crackers (Wasa lights, Triscuit™ Thin Crisps or mini's, Ak-mak, 100% Whole Wheat Thins™)
- 1 container Low-fat or fat-free Greek yogurt (ex. 0% Chobani™ or Less Sugar Chobani™ any flavor)



- 2 Tbsp hummus + 1 serving whole grain crackers or non-starchy veggies
- 1 protein shake with less than 160 Calories, at least 20g protein, and less than 5g sugar (ex. Fairlife™, Orgain Clean Protein™, Evolve™, Owyn™ or Ripple Pure Plant™ protein shake)
- Low-fat/low-calorie popcorn 100 calorie or single serving bags (Skinny Pop™, Smart Food Delight™) + small piece of fruit for more nutrition and volume or 1 oz. cheese stick (light or 2%) for added protein
- Protein/Granola bars with 200 calories or less (Mini Luna™, Luna Protein™, Oatmega™, Kind Plus Protein™, Kind Minis™, RXBar™, RXBar Kids™, Think!™, ThinkKids™, Go Macro™ mini, Aloha™ mini protein bar, ONE plant protein bar)
- Rice/popcorn cakes (flavored or plain) or whole grain mini bagel + 1 Tbsp nut/seed butter
- 1 hard boiled egg + small piece of fruit
- ½ cup shelled edamame + ½ cup fruit
- 1 Kodiak™ Protein ball (no bake)
- 3 GFB Gluten Free Bites (made with plant protein)
- 10 pieces Somersaults™ sunflower seed crunchy bites (nut free)
- 1 oz. Catalina Crunch™ snack mix
- 1 serving Whisps™ Parmesan crisps + small piece of fruit OR veggies
- 1 package Sargento Balanced Breaks™ (cheese, nuts, dried fruit)
- All-natural jerky (Oberto™, Chef's Cut™) + small piece of fruit

START A NEW JOURNEY TO WELLNESS TODAY!



678-554-7576

www.HarmonyNutritionATL.com