



# TIP OF THE WEEK

## Best Snacks 100 Calories or Less

WebMD Feature from "Good Housekeeping" Magazine

Best snacks, from the Good Housekeeping Institute's Nutrition Director, Delia A. Hammock, M.S., R.D.

### Dairy Delights

- 1 Laughing Cow Light Creamy Garlic & Herb cheese wedge and 3 Triscuits
- 1 Kraft Polly-O Superlong Twist-Ums string cheese stick
- 1 Yoplait Light Smoothie
- ½ cup low-fat cottage cheese with 5 strawberries

### Hearty Helpings

- Campbell's Soup at Hand Blended Vegetable Medley
- 1 hard-boiled egg with 1 slice Melba toast
- 4 slices Sara Lee Honey Ham with 2 teaspoons honey mustard, rolled in lettuce leaf
- ½ mini bagel with 1 ounce smoked salmon

### Fruits & veggies

- 2 cups raspberries
- 28 grapes
- 1 cup blueberries
- 1 cup mango chunks
- ½ medium cantaloupe
- 15 strawberries dipped in ¼ cup Cool Whip Lite
- 45 steamed edamame (green soybeans)
- 2 tablespoons each of mashed avocado and chopped tomatoes stuffed in ½ mini pita
- ½ red bell pepper dipped in 3 tablespoons hummus

### Savory Bites

- 29 pistachios
- 60 Pepperidge Farm Baby Goldfish Crackers
- 1 Jolly Time Healthy Pop 100 Calorie Mini Bag popcorn
- 25 EatSmart Café Fries
- 12 Back to Nature Sesame Ginger Rice Thins
- 12 Quaker Quakes Cheddar Cheese Rice Snacks
- 40 Rold Gold Classic Style Pretzel Sticks