

LOW-CALORIE HEALTHY SNACKS

A white plate filled with sliced green apples, with a small jar of peanut butter in the background.

SNACKS TO HELP FUEL YOUR DAILY HEALTHY HABITS!



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Welcome to The 100-Calorie Snack Guide

Hi friend,

If you're anything like me, you're probably juggling a full plate—work, family, faith, and everything in between—while still trying to make healthier choices that honor your energy, your goals, and your heart. That's exactly why I created this guide.

Inside, you'll find a variety of simple, nourishing snack ideas, each around 100 calories, thoughtfully organized into categories like fruits, veggies & dips, protein-packed options, whole grains, and more. These snacks are quick to prepare, easy to enjoy, and designed to support your body, your hormones, and your lifestyle—no matter how busy your day gets.

As a Certified Health Coach and Menopause Specialist, I know that small changes add up, and something as simple as a healthy snack can make a big difference in how you feel. Whether you're running errands, headed to church, or catching a breath between life's demands, these snack ideas are here to help keep your energy steady and your mindset strong.

So take a deep breath, flip through the pages, and let's nourish your body with the goodness it deserves—one balanced bite at a time.

With love and health,

Kris

Certified Health Coach | Menopause Specialist | Hope Dealer

These snack ideas are designed to offer a balance of nutrition, flavor, and satisfaction—all while offering a low-calorie snack option. They're perfect for supporting steady energy, curbing cravings, and helping you stay on track with your health goals throughout the day.

As always, be sure to stay hydrated, be aware of your body's hunger and fullness cues, and make choices that feel good and nourishing to you. Every small step adds up on your wellness journey.

★ And remember—everyone's health needs are unique. Please consult with your physician or healthcare provider before making any significant dietary or lifestyle changes.

Thank you for allowing me to walk alongside you. I'm honored to be part of your journey to better health and daily healthy habits!

A background image showing a white bowl filled with oatmeal and pieces of fruit like banana and raisins. In the foreground, a green smoothie with a straw is partially visible. The overall theme is healthy eating.

Want more goodness?

Join my *Facebook Group!*

[facebook.com/groups/
dailyhealthyhabitsgroup](https://www.facebook.com/groups/dailyhealthyhabitsgroup)



Cherry Tomatoes with Feta Cheese

One cup of cherry tomatoes with two tablespoons of crumbled feta cheese makes a flavorful and refreshing snack. Cherry tomatoes are packed with antioxidants and vitamin C, while feta adds a boost of calcium and protein to help support strong bones and keep you feeling full.

Apple Slices with Almond Butter

One medium apple sliced and paired with a tablespoon of almond butter offers a crisp, sweet, and creamy combination. Apples provide fiber and antioxidants, while almond butter adds healthy fats and protein to help you feel fuller longer.



Frozen Grapes

One cup of frozen grapes is a simple and refreshing snack. They're naturally sweet, hydrating, and a great source of antioxidants like resveratrol.

FRUITS

Section 1

Pear and Walnuts

One small pear with a tablespoon of chopped walnuts makes a fiber- and omega-3-packed snack that's heart healthy and satisfying.



Strawberries Dipped in Dark Chocolate

Five large strawberries dipped in a thin layer of dark chocolate deliver antioxidants and a satisfying sweet fix without the guilt.



Orange Slices with Cinnamon

One medium orange sprinkled with a dash of cinnamon enhances flavor and metabolism. Oranges are packed with vitamin C and hydration.



Section 1 FRUITS



Banana with Peanut Butter

One small banana with a teaspoon of natural peanut butter creates a potassium-rich snack that helps regulate muscle function, while the peanut butter provides protein and healthy fats for balance.

Greek Yogurt with Berries

Half a cup of plain Greek yogurt topped with half a cup of mixed berries is a probiotic-rich snack that supports gut health. The berries add vitamin C and fiber for a satisfying boost.



Cantaloupe with Cottage Cheese

One cup of cantaloupe with half a cup of low-fat cottage cheese provides hydration, vitamin A, and muscle-supporting protein in a naturally sweet and creamy combo.



Cherry Tomatoes with Feta Cheese

Thinly sliced apple topped with a drizzle of almond butter and a sprinkle of granola offers crunch and sweetness with fiber and healthy fats.

Watermelon and Lime

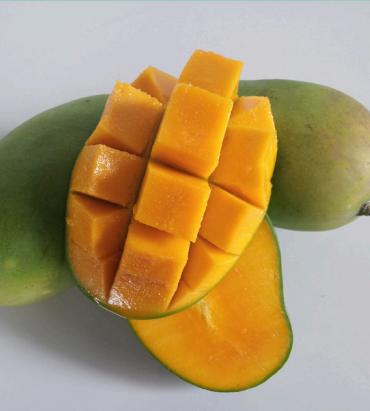
One cup of cubed watermelon with a squeeze of lime juice is a refreshing, hydrating snack rich in antioxidants and vitamin C.



Plum and Low-Fat Cheese Sticks

One medium plum paired with a cheese stick provides sweetness and protein, supporting both satiety and muscle health.

Section 1 FRUITS



Frozen Mango Cubes

One cup of frozen mango cubes offers a naturally sweet treat high in vitamin A and beta-carotene, perfect for a cool, tropical bite.

Kiwi and Pistachios

One sliced kiwi with a tablespoon of shelled pistachios gives you vitamin C and healthy fats for a balanced snack with a sweet and salty touch.



Cherries with Dark Chocolate Chips

Half a cup of cherries with a tablespoon of dark chocolate chips satisfies your sweet tooth and provides anti-inflammatory benefits.

FRUITS

Section 1



Pineapple Chunks

One cup of fresh pineapple with a teaspoon of unsweetened coconut flakes gives tropical flavor, digestive enzymes, and natural sweetness.

Dried Apricots and Almonds

Five dried apricot halves with ten almonds create a portable snack rich in iron, fiber, and healthy fats.



Grapefruit Segments with Honey Drizzle

Half a grapefruit segmented and drizzled with a teaspoon of honey provides vitamin C and a metabolism-friendly citrus boost.

Section 1 FRUITS



Cherry Tomatoes with Feta Cheese

Skewer a combination of grapes, strawberries, pineapple, and banana slices for a colorful, fun, and nutrient-dense snack.

Blueberry Compote over Low-Fat Ricotta

$\frac{1}{4}$ cup of blueberry compote over $\frac{1}{2}$ cup of ricotta creates a creamy and antioxidant-rich mini-dessert.



FRUITS

Section 1



Carrot Sticks with Hummus

Crunchy carrots paired with 2 tbsp of hummus offer fiber and protein while satisfying your savory cravings.

Cucumber Slices with Greek Yogurt Dill Dip

Low in calories and water-rich, cucumber slices dipped in Greek yogurt with dill support hydration and digestion.



Sweet Bell Pepper Strips with Guacamole

Vibrant bell peppers and a spoonful of guacamole are rich in vitamins A and C and healthy fats.

VEGETABLES

Section 2



Celery with Peanut Butter

Classic and satisfying, celery paired with 1 tbsp of natural peanut butter gives you crunch and energy.

Roasted Zucchini Chips

Thinly sliced zucchini roasted with olive oil and sea salt offers a crunchy, low-calorie chip alternative.



Cherry Tomatoes & Balsamic Vinegar

Fresh cherry tomatoes drizzled with balsamic are a sweet, tangy snack high in lycopene and low in calories.

Section
2 VEGETABLES



Snap Peas with Tahini Drizzle

Sweet and crisp snap peas paired with 1 tbsp of tahini make a fiber-rich and satisfying snack.

Mini Bell Peppers with Light Cream Cheese

Stuff small bell peppers with a spoonful of whipped light cream cheese for a creamy, crunchy bite.



Jicama Slices with Lime and Chili Powder

Hydrating and crunchy, jicama sprinkled with lime and chili powder is both refreshing and energizing.

VEGETABLES Section **2**



Steamed Edamame

A small serving of lightly salted steamed edamame provides protein and fiber, perfect for curbing hunger.

Radish Slices with Sea Salt

Peppery and crisp, radishes are a refreshing low-calorie snack that support liver health.



Roasted Brussels Sprouts

Crispy roasted Brussels with garlic provide a flavorful dose of fiber and vitamin K.

Section 2 VEGETABLES



Cabbage Slaw with Apple Cider Vinegar

Crunchy shredded cabbage tossed in apple cider vinegar is tangy, cleansing, and ultra-low calorie.

Asparagus Spears with Lemon Zest

Lightly steamed asparagus topped with lemon is refreshing, low in calories, and detoxifying.



Baked Kale Chips

Crispy kale chips baked with olive oil and sea salt offer a savory, antioxidant-rich alternative to potato chips.

VEGETABLES Section 2



Cucumber Sushi Rolls

Thinly sliced cucumber wrapped around avocado and shredded carrots offers a fun, plant-based snack.

Spicy Roasted Cauliflower Bites

Cauliflower roasted with a touch of cayenne delivers crunch, fiber, and fat-burning compounds.



Pickled Veggies

Low-sodium pickled carrots, cucumbers, or beets offer gut-healthy probiotics and low calories.

Section **2** VEGETABLES

Zoodle Salad Cup

Spiralized zucchini with lemon and herbs in a small container is light, hydrating, and portable.



Beet Chips

Naturally sweet and earthy, baked beet chips are full of antioxidants and fiber.



VEGETABLES ^{Section} 2

Hard-Boiled Eggs

Packed with protein and nutrients, one hard-boiled egg makes a satisfying and portable snack.



Low-Fat String Cheese

Individually wrapped and portion-controlled, string cheese offers protein and calcium.



Turkey Roll-Ups

Deli turkey slices rolled with a pickle or cheese stick provide protein and crunch.



PROTEIN-PACKED

Section
3



Tuna Salad Cucumber Boats

Tuna mixed with Greek yogurt served in cucumber halves makes a filling, low-carb snack.

Protein Shake

A quick shake made with unsweetened almond milk and a scoop of protein powder fuels your body post-workout.



Cottage Cheese with Pineapple

Low-fat cottage cheese paired with pineapple chunks is a protein-rich snack with natural sweetness.

Section
3

PROTEIN-PACKED



Roasted Chickpeas

Crunchy and seasoned, a handful of roasted chickpeas are rich in protein and fiber.

Greek Yogurt with Berries

Plain Greek yogurt topped with berries offers protein, antioxidants, and gut health support.



Almonds (12-14 count)

A small handful of almonds provides healthy fats and plant-based protein.

PROTEIN-PACKED

Section
3



Jerky (Low-Sodium Turkey or Beef)

A lean, grab-and-go option rich in protein—but be sure to choose low-sodium versions.

Protein Muffin

Made with egg whites, oats, and protein powder, these muffins are great for on-the-go energy.



Deviled Eggs with Avocado

Swap mayo for mashed avocado for a creamy, heart-healthy twist on deviled eggs.

Section 3 PROTEIN-PACKED



Tofu Cubes with Soy Sauce

Bite-sized tofu seasoned lightly with soy sauce offers plant-based protein and satisfaction.

Lentil Salad Cup

A small serving of cold lentil salad with herbs and lemon is rich in protein and fiber.



Peanut Butter Protein Balls

Rolled oats, peanut butter, and protein powder make for a satisfying, no-bake energy bite.

PROTEIN-PACKED

Section
3



Chia Pudding

Soaked chia seeds in almond milk with cinnamon offer plant protein and omega-3s.

Edamame Pods

A $\frac{1}{2}$ cup serving of edamame pods delivers protein, fiber, and iron.



Boiled Shrimp with Lemon

Light and protein-rich, shrimp with lemon is quick to prepare and low in calories.

Section
3 PROTEIN-PACKED



Egg Muffins

Mini egg muffins baked with spinach and bell peppers are perfect for meal prep.

Protein-Packed Smoothie

Bowl

Blend Greek yogurt, protein powder, and frozen fruit, then top with seeds or nuts.



PROTEIN-PACKED

Section
3



Oatmeal with Cinnamon & Apples

Instant oats with chopped apples and cinnamon offer fiber and keep blood sugar stable.

Whole Grain Crackers with Hummus

Choose whole grain, low-sugar crackers and pair with hummus for fiber and protein.



Popcorn (Air-Popped)

Three cups of air-popped popcorn provide volume, fiber, and crunch for under 100 calories.

WHOLE GRAINS
& FIBER

Section
4



Mini Rice Cake with Nut Butter

A brown rice cake with 1 tsp almond butter is a crunchy, satisfying snack.

Chia Pudding with Berries

Chia seeds provide fiber and omega-3s, while berries add antioxidants and flavor.



Quinoa Salad Cup

Cooked quinoa with chopped cucumbers, tomatoes, and lemon juice makes a portable fiber-rich snack.

Section
4

WHOLE GRAINS
& FIBER



Roasted Chickpeas

Roasted in olive oil and spices, they're a crunchy way to get fiber and protein.

Whole Grain English Muffin Half with Avocado

Top with mashed avocado and a sprinkle of red pepper for a balanced, energizing bite.



Oat Bran Muffin

Low in sugar, oat bran muffins offer fiber to support digestion and satiety.

WHOLE GRAINS
& FIBER

Section
4

Bulgur Wheat Tabouleh Cup

Fresh parsley, tomatoes, and lemon with bulgur is a light, fiber-filled option.



Whole Wheat Wrap Bites

Fill small whole wheat wraps with veggies and hummus and slice into pinwheels.



Fiber One Cereal with Unsweetened Almond Milk

A small bowl gives a dose of fiber with a satisfying crunch.

Section
4

WHOLE GRAINS
& FIBER



Whole Grain Waffle with Greek Yogurt

Top a low-sugar waffle with a spoonful of yogurt for balance.

Multigrain Toast with Tomato Slices

Tomato on multigrain bread offers fiber, hydration, and antioxidants.



Barley Salad Cup

Cooked barley with bell peppers and vinaigrette is high in soluble fiber.

Section
4

WHOLE GRAINS
& FIBER



Whole Wheat Pita with Hummus

A quarter of a pita with hummus makes a delicious fiber-rich snack.

Oats and Flax Snack Bites

Rolled oats and ground flax mixed into no-bake bites support digestion.



High-Fiber Tortilla Wrap

Roll turkey and greens into a high-fiber tortilla for a simple, balanced snack.

WHOLE GRAINS & FIBER

WHOLE GRAINS & FIBER

Section
4



Baked Lentil Chips

A crunchy, savory option high in fiber and low in calories.

Bran Crispbread with Light Cheese

A slice of bran crispbread with light spreadable cheese provides fiber and flavor.



Section
4

WHOLE GRAINS
& FIBER



Cucumber Slices with Lemon

Hydrating and refreshing, perfect with a pinch of salt or chili powder.

One Boiled Egg

Simple and protein-packed to keep you full between meals.



1 Cup Air-Popped Popcorn

Low in calories but big in volume, ideal for mindless snackers.

OTHER LOW CALORIE GOODNESS

Section
5



1/2 Grapefruit with Mint

Tart and sweet with metabolism-boosting properties.

Celery with 1 Tbsp Almond Butter

Crunchy and filling with a dose of healthy fat.



Zucchini Ribbons with Olive Oil Spray

Saute with garlic for a quick and savory bite.



Section 5 OTHER LOW CALORIE GOODNESS



1 Cup Mixed Berries

Naturally sweet and full of fiber and antioxidants.

Watermelon Cubes with Mint

Juicy, refreshing, and under 50 calories per cup.



Pickle Spear & Cheese Stick

Satisfying crunch and protein combo for low calories.

OTHER LOW CALORIE GOODNESS

Section
5



Plain Rice Cake with 1 tsp Sunflower Butter

Light and satisfying with a mild nutty flavor.

Apple Slices with Cinnamon

Naturally sweet and anti-inflammatory.



One Cup of Broth-Based Soup

Warm and filling with minimal calories.

Section
5

OTHER LOW CALORIE GOODNESS



Baby Carrots with Salsa

Sweet carrots and spicy salsa are a crunchy, low-calorie pairing.

Unsweetened Applesauce (1/2 Cup)

A naturally sweet snack that feels like dessert.



Steamed Green Beans with Lemon

Bright, fresh, and great for digestion.

Section
5

OTHER LOW
CALORIE GOODNESS



Shredded Cabbage Salad with Vinegar

Low in calories but high in crunch.

Grapes (10–12 count)

Sweet, portable, and satisfying.



Sugar-Free Gelatin Cup

A treat that feels indulgent but remains light.

Section
5 OTHER LOW CALORIE GOODNESS



Cherry Tomatoes with Balsamic Drizzle

Bursting with flavor and antioxidants.

Sliced Radishes and Sea Salt

Crisp, peppery radishes drizzled with a pinch of sea salt make for a refreshing, crunchy snack that's naturally low in calories.



Section
5

OTHER LOW
CALORIE GOODNESS