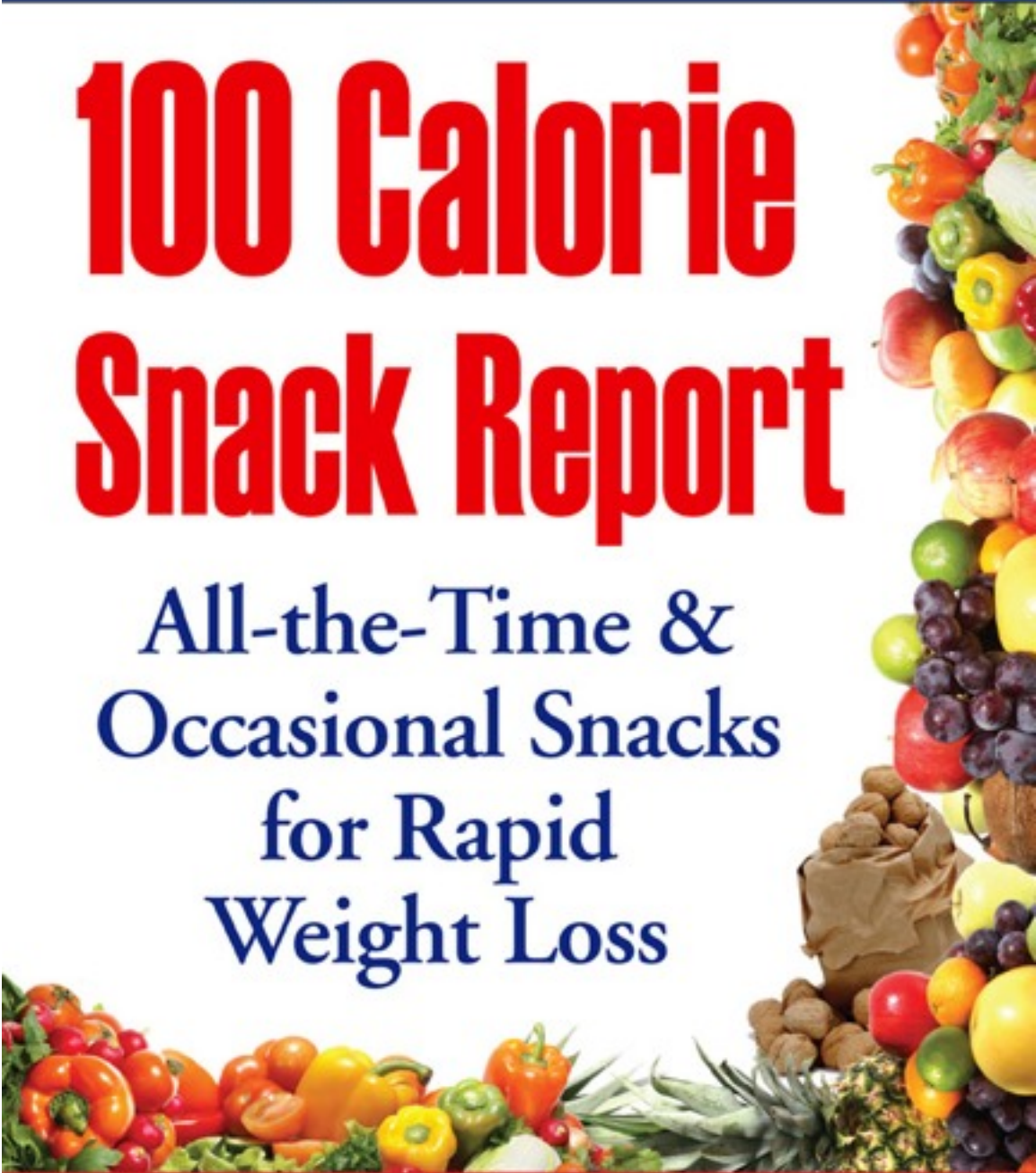


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100 Calorie Snack Report

All-the-Time &
Occasional Snacks
for Rapid
Weight Loss



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We are always looking for that low calorie snack that won't kill our diet or ruin our fat loss goals. Yet, there are so many options out there we get confused and just don't know what to choose.

First, what is a low calorie snack?

Second, how do I know how many calories a food has in it?

This report is broken down to 0-99 calories snacks/foods and 100-200 calories snacks/foods. The 0-99 foods you would choose if you just needed a quick pick me to get to your next meal that is maybe 1 hour away. The 100-200 calorie foods is where maybe you have 1-2 hours before you can eat again and need something that will sustain you a little longer and provide more satiety.

These are snacks that can be eaten between meals, as a late night snack or just when you know you will need some food to get to your next full meal.

The first category is 0-99 calories snacks and foods and it is broken up into the food, the portion size for that food and the amount of calories for that portion size.

The lists are also broken down into approved (all the time snacks) and occasional (sometimes snacks). Approved snacks can be eaten at every feeding opportunity regardless of when it is. The occasional snacks should only be eaten once every other day or something like that. They are calorie controlled, but you could have better choices if you want to lose fat so don't depend on these occasional snacks as every day food items or multiple times a day.

These foods fit into your diet because they provide either protein, fiber or satiety (fullness), which are all staples in your weight loss success.

These lists are not inclusive of all foods that fit in these calorie ranges. It is merely a sampling of a variety of foods.

Approved (all the time snacks)

Food	Portion Size	Calories
Apple	1 medium	60
Apricots	3 medium	53
Bean Salad	½ cup	88
Applesauce	½ cup	60
Banana	1 med	65
Blackberries	½ cup	39
Cauliflower	1 cup	25
Blueberries	1 cup	80
Bran Cereal	½ cup	65
Broccoli	1 cup	25
Asparagus	½ cup	25
Green Beans	½ cup	25
Carrots	½ cup	25
Peppers	½ cup	25
Cantaloupe	1 cup cubed	60
Cherries	12 large	63
Grapefruit	½ large	61
Grapes	17	61
Honeydew	1 cup cubed	60
Nectarine	1 small	57
Orange	1 med	72
Peach	1 med	63
Peaches	½ cup canned or frozen	60
Pear	1 med	65
Pears	½ cup canned or frozen	65
Plums	2 small	60
Raisins	2 Tbsp	57
Strawberries	1 ¼ cup	58
Cottage Cheese	4oz	96
Reduced Fat Cheese	.75oz	50
Fat Free cheese	1 slice	31
Fiber One	½ cup	60
Puffed Kashi	1 cup	70
Whole grain total	.75 cup	97
All Bran	½ cup	80
All Bran with extra fiber	½ cup	50

Post Bran Flakes	.75 cup	99
Quaker Crunchy Oat Bran	.75 cup	90
Poached egg	1	75
Hard Boiled egg	1	75
Gazpacho soup	1 cup	56
Onion soup	1 cup	58
Vegetable soup	1 cup	72
Chicken noodle soup	1 cup	75
Minestrone soup	1 cup	82
Chicken, rice and vege soup	1 cup	90
Tomato soup	1 cup	85
New England Clam Chowder	1 cup	95
Refried Beans	½ cup	92
String cheese	1 ounce	80

Occasional (sometimes snacks) 0-99 calories

Food	Portion Size	Calories
Bagel	½	80
Vanilla Wafers	5	94
Light vanilla ice cream	½ cup	92
Sugar Free gelatin	½	10
Sugar free vanilla pudding	½ cup	70
Sugar free chocolate pudding	½ cup	80
Fortified Instant Oatmeal	1 packet	97
Town House Crackers	5 crackers	80
Keebler Original Club Crack	4 crackers	70
Ritz Crackers	5 crackers	80
English Muffin	½	78

So the foods above are under 100 calories and are foods you can choose if you only need to fulfill your hunger for around 1 hour.

This next group is 100-200 calorie foods and should be able to fulfill you for a longer period of time until you can eat your next regular meal.

Approved (all the time snacks) 100-200 calories

Food	Portion Size	Calories
Prograde Craver Almond butter	1 bar	180
Prograde Craver Peanut butter	1 bar	180
Prograde Craver Spirulina	1 bar	180
Cream of Wheat	1 cup	123
Oatmeal	1 cup	145
Corn Flakes with ½ cup 1% milk	1 cup	151
Bran Muffin	2.5 inch diameter	153
Fiber One with ½ cup 1% milk	1 cup	171
Black Bean soup	1 cup	116
Lentil and ham soup	1 cup	139
Beef soup	1 cup	170
Black beans	½ cup	100
Kidney beans	½ cup	104
Brown rice	½ cup	108
Soy nuts	1 ounce	110
Yogurt, nonfat	8 ounces	120
Trail Mix	1 ounce	131
Mixed Nuts	¼ cup	190
Almonds	1 ounce	172
Cashews	1 ounce	164
Peanuts	1 ounce	165
Cottage Cheese 1%	1 cup	163
Cottage Cheese 2%	½ cup	102
Baked Sweet Potato	1 large	162
Kashi GoLean Crunch	1 cup	170
Multi-Grain Cheerios	1 cup	110
Wheat Chex	1 cup	180
Walnuts	1 ounce	185
Raisin and Nut Trail Mix	1 ounce	130
Trail Mix with chocolate chips	1 ounce	137
Cranberry-nut Trail Mix	1 ounce	120

Pumpkin Seeds	1 ounce	148
Sunflower Seeds	1 cup	168

Occasional (sometimes snacks) 100-200 calories

Food	Portion Size	Calories
Total Raisin Bran	1 cup	170
Kellogg's Raisin Bran	1 cup	190
Reduced Fat Chocolate Milk	1 cup	180
Pretzels	1 ounce	113
Fig Newton Cookies	2	110
Whole wheat macaroni	1 cup	174
Nonfat chocolate pudding	1 cup	100
Raisins	¼ cup	109
Split pea soup with ham	1 cup	185
Corn chowder soup	1 cup	200
English Muffin (toasted)	1	128

So here you have it a quick reference guide of low calorie snacks that you can have on hand in your pantry, car, office or wherever you might need a quick pick me up that is healthy and low calorie. There should never be a reason to choose the vending machines or fast food with this many choices to choose from.



Jayson Hunter RD, CSCS is the author of the Carb Rotation Diet as well as the Director of Research and Development for [Prograde Nutrition](#). He is also a best selling author for the book: Big Ideas for Your Business.

He has also been featured on CBS, ABC, FOX and NBC to discuss his very successful Carb Rotation Diet program.

His nutritional programs have helped thousands of clients successfully lose weight and create permanent lifestyle changes. Jayson's method of eating and nutritional programming gets results through fat loss hormone manipulation. The keys to successful weight loss is knowing the individual and providing the necessary tools to be successful. Society's obesity problem isn't necessarily a result of bad genetics, but rather a result of bad choices and decisions.

Not only does Jayson have an extensive background in weight management, he also has experience in sports nutrition and supplementation. He has published articles on a variety of topics and has consulted with companies, professional teams as well as writers for various articles. Knowing the importance of physiology as it relates to nutrition Jayson's specialty is working with individuals and getting their nutrition plan as well as their exercise plan set up so that they not only have an effective individualized plan to meet their goals, but they have a mindset that will carry with them for the rest of their lives.

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