



# Low-Calorie Snacks to Keep You Looking Slim!



Each of these snacks is in the 200-calorie range so you can snack guilt-free while trimming down. Even mix and match the snacks to create tasty, new combinations!  
Deliciousness dreamed up by [TheWateringMouth.com](http://TheWateringMouth.com).

1

30 Pistachios



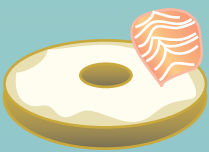
2

2 Hard Boiled Eggs



3

1/2 small bagel + 1 oz smoked salmon + 1 tbsp cream cheese



4

1 cup steamed edamame beans



5

1 medium apple sliced + 2 tsp peanut butter



6

1 cup 1% milk + 1 tbsp chocolate syrup

7

3 cups cheddar popcorn



8

1/2 cup lowfat yogurt + 2 tsp honey + 1 tsp cocoa powder + 1/2 cup raspberries



9

1/2 apple + 1 slice cheddar cheese



10

3 tbsp chocolate chips + 8 pistachios



11

1 cup red bell pepper slices + 1/2 cup refried beans + 2 tbsp guacamole



13

1 avocado



12

25 almonds



14

1 slice banana nut bread



15

1/2 english muffin + 2 tbsp cream cheese



16

1/2 cup frozen yogurt



17

1/2 english muffin + slice of tomato + slice of mozzarella



18

6 oz greek yogurt + 1 cup strawberries



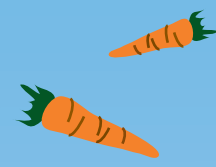
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1 medium apple + 1 stick string cheese



20

10 carrot sticks + 2 tbsp dip



21

8 tortilla chips + 1/2 cup salsa



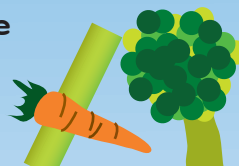
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4 oz 1% cottage cheese + 3/4 cup fresh fruit



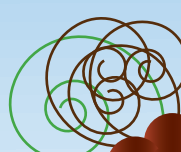
23

5 whole wheat crackers + 1 oz cheese



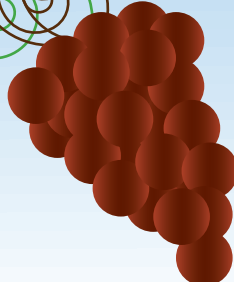
24

1/4 cup hummus + 1 cup raw veggies



25

1 large bunch of red grapes (about 50)



26

20 kalamata olives

