100 cal snacks

1 Cup of Blueberries

Don’t let their small size fool you: Blueberries are packed with impressive benefits for weight and health. Research has shown that these tiny pearls offer some of the highest levels of antioxidants among common fruits like bananas and apples.

1 Hard-Boiled Egg

Boil up a batch of large eggs, put them in the fridge, and you’ve got an instant snack

1 Orange

Sometimes, the simpler the snack, the better. Oranges are a great snack option because they’re high in helpful vitamins and fiber

1 Cup of Strawberries

A 1-cup serving of sliced strawberries is a good source of

1 Piece of String Cheese

Choose one stick of part-skim mozzarella string cheese and you’ll net 85 calories

1/2 Cup of Oatmeal

When the afternoon slump rolls around, toss Finish with a sprinkle of cinnamon to add flavour without sending your blood sugar levels soaring.

One Ounce of Almonds, 100-calorie snack

Nuts such as almonds are a great source of plant protein

1/4 Cup of Dried Cranberries

Dried cranberries make a tangy treat that’s easy to eat on the go.

8 Baby Carrots With 1 Tablespoon of Dip

Eight raw baby carrots have just 42. Pair the carrots with a tablespoon (tbsp) of a dip like hummus (30 calories), and you’ll feel satisfied until your next meal.

Slice of Raisin Bread

80 calories

1 Cup of Cheerios

This classic children’s snack can work for adult. In fact, you can enjoy an entire cup of crunchy Cheerios for a healthy snack that’s only 104 calories.

Berry Smoothie

For a low-cal smoothie snack that offers tons of vitamins and minerals, she suggests blending a handful of frozen spinach (roughly 32 calories per ½-cup), 1 teaspoon of dried spirulina (roughly 7 calories), a ½-cup of frozen blueberries (38 calories), and 1 cup of unsweetened almond milk (37 calories).

1 to 2 Cups of Fresh Melon

Mixing different types of melons gives your taste buds a flavour burst filled with nutrition, while making your snack feel more substantial. “

3 Cups of Air-Popped Popcorn

At just 31 calories per cup, unbuttered air-popped popcorn is the perfect food to reach for when the urge to head to the vending machine hits.

Raw Veggies and 2 Tablespoons of Low-Fat Ranch Dressing

Chopped broccoli (31 calories per cup), celery (9 calories per large stalk), and sliced green peppers (18 calories per cup), are simple yet crunchy snacks you can enjoy in abundance

2 Tablespoons of Hummus

Measure out 2 tbsp of hummus, which clocks in at roughly 60 calories, and scoop it up with a spear of cucumber (1.5 calories) or a stalk of celery (9 calories) for a 100-calorie snack option. “

1/2 Cup of Cottage Cheese with Cucumbers

Low-fat cottage cheese has 90 calories in a ½-cup serving. Pair it with ½ cup of crunchy cucumber at 9 calories, and you have yourself a hydrating and filling snack.

Non-fat Greek Yogurt

A ½-cup serving of Greek yogurt is a satisfying, healthy snack that's easy to grab on the go. Greek yogurt is high in protein and calcium, which are important nutrients for bone health

Cheese and tomato toastie – 93kcal (390kJ)

A slimmed-down but no less scrumptious version of an all-time British classic. Simply chop the tomato and spring onion, sprinkle them over a slice of crispbread, cover with grated cheese and place under a pre-heated grill for a couple of minutes.

1 wholegrain crispbread

15g grated 30%-less-fat mature cheese

40g tomato

an optional sprinkling of chopped spring onion (calories nominal)

'3-fruit' fruit salad – 102kcal (428kJ)

Refreshing and easy to make, this "3-fruit" fruit salad, which includes store-cupboard-friendly tinned pineapple, provides 2.5 portions of your recommended 5 A Day.

50g seedless black grapes, cut in half

50g diced apple

100g chopped tinned pineapple in juice

Cheese and pickle canapés – 100kcal (420kJ)

Enjoy these party nibbles without breaking the calorie bank. Use a potato peeler to get melt-in-your-mouth, wafer-thin cheese slices, and top with gherkin slices and pickle.

3 water biscuits

15g 30%-less-fat mature cheddar

30g gherkin

6g (1tsp) pickle

Smoked salmon and cream cheese parcels – 109kcal (456kJ)

For a touch of sophistication, try these delicate smoked salmon parcels. To prepare, place 4 strips of salmon on an even surface and spread 5g of soft cheese mixed with some dill at one end of each strip. Starting from the cheese end, gently fold each strip into rolls.

48g smoked salmon, cut into 4 even strips

20g reduced-fat soft cheese

a squeeze of lemon juice:

optional sprinkling of fresh dill

Apple and peanut butter – 96kcal (403kJ)

Craving something crunchy and nutty? Fresh apple slices and peanut butter are the perfect combination to keep you going until your next main meal.

50g sliced apple

12g (1tsp) peanut butter

optional sprinkling of cinnamon (calories nominal)

Baked beans on toast – 99kcal (416kJ)

It's perhaps the ultimate comfort food, and we believe you should still be able to enjoy it even if you're watching your calories.

a 22g slice of toasted wholegrain or wholemeal bread

60g baked beans

optional sprinkling of chives (calories nominal)