

# 100 Calorie Protein Snacks

## Dairy Products

- 1 cup fat-free or 1% milk
- 1 cup almond, soy, cashew, or coconut milk (Original flavor)
- 1 ounce/slice reduced-fat cheese (American, Swiss, cheddar, Colby, etc.)
- 1 ounce bleu cheese
- 1-ounce stick of string cheese (part-skim mozzarella)
- 1 Kraft® Single cheese
- slightly less than 1 ounce cheddar cheese
- ½ cup low-fat (1%) cottage cheese
- ½ cup sugar free, fat-free pudding
- 6 oz Light Greek Yogurt (e.g. Dannon Light, Chobani 100)
- 8-ounce latte made with fat-free or skim milk

## Meats & Other Protein Foods

- 2 ounces of lean roast beef or boiled ham
- 4 ounces turkey breast
- 4 ounces smoked salmon
- 3 ounces tuna (packed in water)
- 2 ounces tuna (packed in water) with 1 teaspoon low-fat mayonnaise added
- 3 sardines packed in water
- 3 thin slices of lunch meat
- 7 small shrimp
- 1 chicken or turkey link
- 2 tofu dogs
- 1 ounce beef jerky
- 1 ounce turkey pepperoni
- 1 egg (hard-cooked, scrambled or fried)
- ¾ cup egg substitute
- 1 tablespoon peanut butter
- 4 tablespoons hummus (chickpeas)

## Nuts & Seeds

- 10 almonds, cashews or walnuts\*
- 30 pistachios\*
- 16 peanuts\*
- 2 tablespoons sunflower seeds\*
- 2 tablespoons pumpkin seeds\*
- 2 tablespoons soy nuts\*
- 1 tablespoon peanut butter
- 1½ teaspoons almond butter

**\* Choose unsalted or lightly salted nuts and seeds to reduce salt (sodium) in your diet.**

# 100 Calorie Mixed Protein Snacks

## Combination Foods

- Small orange and a small handful dry-roasted nuts
- 1 Laughing Cow® Light cheese wedge and 3 Triscuits®
- 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
- ¼ cup low-fat cottage cheese with ½ cup canned fruit (in its own juice)
- 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
- ½ cup low-fat cottage cheese with 5 strawberries
- 1 large graham cracker square with 2 teaspoon peanut butter
- 3 small whole wheat crackers with 2 teaspoons peanut butter or 1 tablespoon hummus
- ½ red bell pepper or raw veggies dipped in 3 tablespoons hummus
- 6 Wheat Thins® crackers with 2 teaspoons of peanut butter (or any nut butter)
- ½ apple with 2 teaspoons of peanut butter
- 1/2 apple, baked and topped with ½ cup Light yogurt and cinnamon
- half a “finger” of string cheese with 4 whole-wheat crackers
- ¼ whole wheat pita pocket with 1 ounce smoked salmon
- 2 tablespoons hummus on ¼ pita bread pocket
- 1 large dill pickle wrapped in a thin slice of turkey/chicken or Swiss cheese (or both)

*Source: Clemson University (2009)*

*[http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life\\_stages/hgic4123.html](http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4123.html)*