



The
PTI BUZZ
Carol Kur, MSRD

Sensible Snacking

Ten snacks for approximately 100 calories:

1. Six animal crackers
2. 15 chocolate-covered raisins.
3. 10 dry roasted cashews or 12-15 natural almonds.
4. 26 grapes.
5. An eight oz. low-fat yogurt
6. Fat-free chocolate pudding cup.
7. One two-inch slice of angel food cake.
8. One hard boiled egg.
9. Four Hershey's kisses.
10. Two tablespoons hummus with 12 grape tomatoes

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