



Registered Dietitians
Department of
Veterans Affairs
Leading the way to better health

Snack Attack

50-75 Calories

- 1 Popsicle or fudgesicle
- 1 piece of fresh fruit
- 1 cup sugar free gelatin with 2 tablespoons whipped cream
- 1 cup raw vegetables such as sliced peppers, mushrooms and tomatoes with 2 tablespoons humus or diet salad dressing
- 2 saltine crackers with 2 teaspoons peanut butter
- ½ cup dry cereal



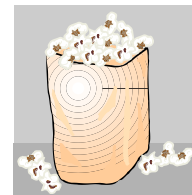
100-125 Calories

- 1 rice cake with 1 tablespoon jelly
- 3 fig Newton squares
- ½ cup cottage cheese with ¼ cup berries
- 1 slice of toast with ¼ cup 1% cottage cheese, sprinkled with cinnamon
- Fruit shake! Blend ¾ cup plain nonfat yogurt and ¼ cup fruit. Add nutmeg, ginger or sugar substitute as desired
- ½ small pita with 1 tablespoon Neufchatel cheese and ½ cup cooked or fresh vegetables
- 1 box Cracker Jacks®



150-200 Calories

- 1 small banana spread with ½ tablespoon peanut butter
- 1 cup plain nonfat yogurt with ½ cup berries or chopped fruit
- 1 baked apple sprinkled with cinnamon and 2 teaspoons brown sugar
- 1 slice bread with Dijon mustard, 2 slices turkey breast and a slice of tomato
- 4 cups of light popcorn
- ¼ cup nut and raisin mix



Contact your local VA dietitian for more information.