

100-calorie snack suggestions

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(HealthDay)—Pre-packaged 100-calorie snacks sound like a great idea. They're small enough not to blow your diet, but tasty enough to dampen cravings.

While there's no shortage of these snacks on [supermarket shelves](#), there are healthier, less expensive and more filling choices. To boost nutrients on a low-calorie budget, check out these great options instead.

For a salty [snack](#), spread 1 tablespoon of low-fat cream cheese on a slice of smoked salmon and roll it up. Another great salty choice is 2 tablespoons of guacamole and 5 baked tortilla chips.

If you're in the mood for maximum crunch, you can dig into 3 big cups of air-popped popcorn. Home machines make it easy and corn kernel blends make it fun and tasty. For a quicker fix, savor a rice cake topped with 2 teaspoons of almond butter.

If your taste buds are screaming for tart, go for 6 ounces of no-fat lemon yogurt or 2 cups of fresh, red sour cherries.

Running short on your daily vegetable requirement? Veg out with 6 ounces of raw sugar snap peas or indulge in a small baked potato, ready in just a few minutes in the microwave. Top it with a sprinkle of chopped herbs or a no-salt spice blend for zero added calories (and eat the skin for its nutritional value and fiber).

Satisfy a sweet tooth with an all-fruit frozen pop or 2 tablespoons of frozen yogurt sandwiched between 2 graham crackers.

Bottom line? It's fine to make snacks part of your diet, but trade the empty calories of the pre-packs for these nutritious choices.

More information: For more nutritious ways to snack smart, the U.S. National Heart, Lung, and Blood Institute has a list of [healthy snacks](#) that total 100 calories or less.

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