

## 100 CALORIE SNACKS



150g Natural Plain Yoghurt



1 Slice of Malt Loaf (33g)



25 Pistachio Nuts



2 Tbsp Hummus & Cup of Carrots



1 Cup of Blueberries (150g)



1 Boiled Egg & 1 Rice Cake



3 Cups of Air Popped Popcorn



28g Cheddar Cheese



1 Medium Banana



2 Medium Kiwi Fruit



20g Dark Chocolate (70-85% cocoa)



85g Small Olives

**12 healthy snacks to help you get through the day without compromising your diet. Each snack has around 100 calories**