

## **Low Calorie Snacks under 50 Calories**

### **Low-Calorie Cereal Snack**

#### **Kellogg's Bite Size Maple & Brown Sugar Frosted Mini-Wheats**

These super-tasty sweet treats feature a satisfying crunch (it helps that whole grain wheat is the first ingredient). Six Mini-Wheats will cost you just 47 calories--and you'll get a gram of filling fiber, too.

Nutrition facts for six Mini-Wheats: 47 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium

### **Antioxidant-Rich Fruit**

#### **Raspberries**

Packed with antioxidants, fiber, and potassium, raspberries are among the Cleveland Clinic's list of 40 best foods for heart health. Research suggests they help lower blood pressure and boost good cholesterol, plus they'll tide you over as a delicious snack.

Nutrition facts for 3/4 [cup](#) raspberries: 50 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium

### **Light and Tasty Popsicle**

#### **Edy's All Natural Fruit Bar**

You'll get 15 percent of your daily vitamin C needs in one 50-calorie frozen pop. Pick from yummy cherry, grape, and tropical flavors.

Nutrition facts for one bar: 50 calories, 0 g fat, 0 mg cholesterol, 180 mg sodium

### **Low-Calorie Ice Cream Treat**

#### **Root Beer Float**

Pour fizzy diet root beer over 1/4 [cup](#) of light vanilla ice cream for a treat that will take you back to your youth. Toss your glass in the freezer 10 minutes before dishing for the full frosty effect. (We used Frostop Diet Root Beer and Breyer's Smooth & Dreamy Light Ice Cream.)

Nutrition facts for one root beer float: 50 calories, 2 g fat (1 g sat fat), 5 mg cholesterol, 33 mg sodium

### **Grab-and-Go Gelatin Snack**

#### **Jell O Sugar Free Cup with Cool Whip**

These single-serving [containers](#) of Jell-O make calorie counting oh-so-easy! The gelatin has just 10 calories, the whipped topping adds 25.

(We topped our Jell-O with 2 tablespoons of Cool Whip.)

Nutrition facts for Jell-O with Cool Whip: 35 calories, 2 g fat (2 g sat fat), 0 mg cholesterol, 50 mg sodium

### **High-Fiber Fruit**

#### **Peach**

Increasing your fiber intake (at least 25 grams a day) can significantly lower your heart disease risk, and a peach provides nearly 2 grams. For a special treat, cut one in half and grill both sides to caramelize the natural sugars.

Nutrition facts for one peach: 38 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium

### **Calorie-Free Warming Tea**

#### **Tea with Sugar**

Calorie-free white, black, red, and green teas have all been shown to contain high levels of antioxidants, which help ward off disease. Add a dash of sugar substitute to sweeten things.

Nutrition facts for a [cup](#) of tea: 0 calories, 0 g fat, mg cholesterol, 0 mg sodium

## Vitamin C-Rich Fruit

### Strawberries

Ripe and juicy, eight strawberries provide more than 100 percent of your vitamin C for the day. For an even sweeter treat, dust five strawberries with 2 teaspoons of confectioners' sugar for only 3 tiny calories more.

Nutrition facts for eight strawberries: 46 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium

## Convenient Low-Calorie Applesauce

### Mott's No-Sugar-Added Healthy Harvest Applesauce

This tasty fruit-filled applesauce kicks up your vitamin C quotient: Each 50-calorie snack [cup](#) provides 25 percent of your daily needs.

Nutrition facts for one snack cup: 50 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium

## Decadent Chocolate Treat

### Dove Dark Chocolate Promise

Sometimes all you need is one decadent bite of really good chocolate. Plus, the dark kind is full of heart-healthy antioxidants. Enjoy!

Nutrition facts for one chocolate: 42 calories, 3 g fat (1 g sat fat), 1 mg cholesterol, 0 mg sodium

## Sweet and Salty Popcorn

### Orville Redenbacher Smart Pop Kettle Korn

Air-based snacks, such as popcorn, help you feel full on fewer calories. The smell of the popped popcorn will also make you feel indulgent, even while you're being sensible.

Nutrition facts for 3 [cups](#) popped popcorn: 45 calories, 0 g fat, 0 mg cholesterol, 69 mg sodium

## Portion-Controlled Mandarin Orange Cups

### Del Monte No-Sugar-Added Mandarin Oranges

Grab a spoon and you can savor the natural sweetness of mandarin oranges anytime (and nearly anywhere). The 40-calorie portion-controlled snack serves up 100 percent of your daily vitamin C needs.

Nutrition facts for one snack cup: 40 calories, 0 g fat, 0 mg cholesterol, 10 mg sodium

## Sweet and Crunchy Rice Cakes

### Quaker Quakes Caramel Corn Rice Snacks

Pop five of these mini rice snacks in your mouth and you'll forget you're dieting. The sweet crunch comes without fat or cholesterol and is delightfully low in sugar, too.

Nutrition facts for five rice cakes: 43 calories, 0 g fat, 0 mg cholesterol, 107 mg sodium

## Calcium-Added Warming Cocoa

### Swiss Miss Fat-Free Hot Cocoa with Calcium

The antioxidant level in cocoa is even higher than in red wine. Plus, one [mug](#) provides as much calcium as a glass of milk. Add a cinnamon stir stick for no additional calories.

Nutrition facts for one mug: 50 calories, 0 g fat, 0 mg cholesterol, 180 mg sodium

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