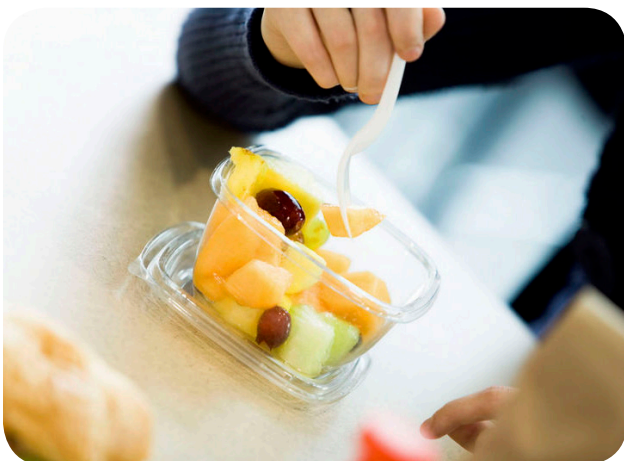


100-Calorie Health

Moving Your Body and Having a Nutritious Snack

Have a Healthy Snack – Only 100 Calories:

- Half an apple with 2 teaspoons of peanut butter
- An orange and a few dry-roasted nuts
- 10 cashew nuts or almonds
- Half a small avocado
- 3 ounces cooked whole-grain noodles with 1 fresh tomato and ½ ounce hard cheese
- 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
- 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
- 2 tablespoons fat-free ranch dressing with mixed raw veggies
- 6 Wheat Thins crackers with two teaspoons of peanut butter (or any nut butter)
- 1 small baked potato with ½ cup salsa and 2 tablespoons of fat-free sour cream
- ⅓ cup of unsweetened applesauce with 1 slice of whole-wheat toast, cut into 4 strips for dunking
- 2 ounces of lean roast beef wrapped in a lettuce leaf for a simple meat wrap-up
- 1 hard boiled egg with 5 baby carrots
- ⅔ cup frozen orange juice, eaten as sorbet or popsicle
- 2 large graham cracker squares with 1 teaspoon peanut butter
- 3 handfuls of unbuttered popcorn, seasoned with herbs
- 4-6 ounces of non-fat or low-fat yogurt
- 5-ounce tossed salad with lettuce, tomato, cucumber and a serving fat-free dressing
- ½ of a “finger” of string cheese with 4 whole-wheat crackers
- 1 6-inch corn tortilla with 1 ounce of melted low-fat cheddar cheese
- 5 celery sticks with 1 tablespoon peanut butter
- ½ whole-wheat English muffin with 2 tablespoons light cream cheese
- 4 ounces fat-free chocolate pudding
- 3 tablespoons hummus with 1 cup of raw cauliflower



Consider foods that have cultural significance to you and your family, or foods that are local to your area. Go online and look up the calorie content yourself!

Move Your Body – Burn 100 Calories:	We Can Do It	We Could Do It	Our Barriers	Our Solutions
Play Frisbee or catch for 30 minutes				
Go horseback riding for 25 minutes				
Bike leisurely for 25 minutes				
Play Ping-Pong for 25 minutes				
Put on music and dance around the room for 20 minutes				
Shoot hoops with a friend for 20 minutes				
Ice skate for 20 minutes				
Walk briskly or go hiking for 15 minutes				
Go sledding with the kids for 15 minutes				
Play touch football with the family for 15 minutes				
Swim leisurely for 15 minutes				
Play volleyball for 15 minutes				
Jump rope for 10 minutes				
Jog for 10 minutes (5 mph)				
Try a Martial Art for 10 minutes				

Consider including cultural games or dances and determine how many calories those activities would burn.