

Look for
100
Calorie (kcal)
snacks

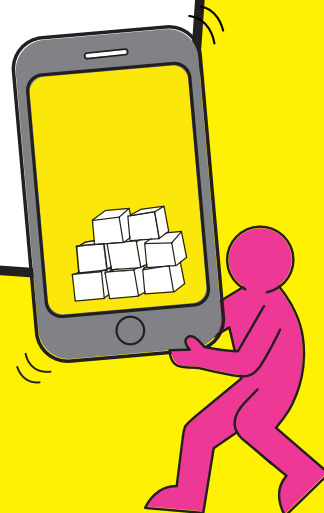
100 calorie snacks

Use these ideas to choose your 100 calorie snacks.
Two max a day is a healthy amount of snacks.
Even healthier is one treat snack like crisps or a
biscuit or a few sweets and one fruit or vegetable
based snack.





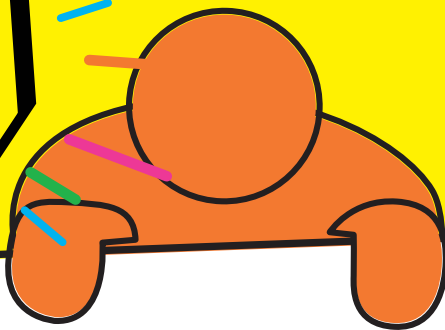
1. Two Jaffa Cakes = 92 kcal
2. A banana = 90 kcal
3. Quavers (multipack bag) = 88 kcal
4. 1 tbsp. of hummus with 12 carrot sticks = 98 kcal
5. Magic stars 12g = 67 kcal
6. Two satsumas = 100 kcal
7. Ten Pringles = 100 kcal
8. Kit Kat, per finger = 54 kcal
9. Milky Way = 97 kcal
10. Pom-Bear crisps 15g = 79 kcal



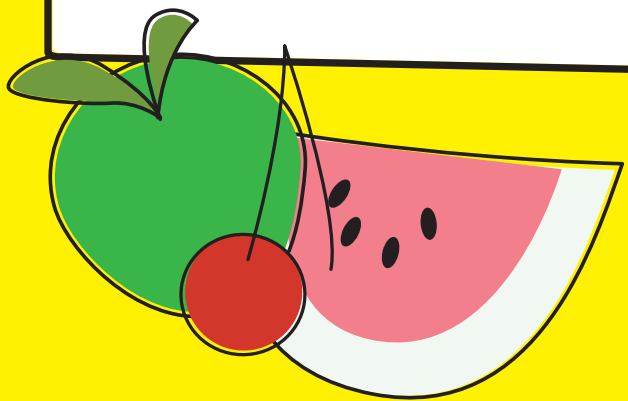


11. Freddo 18g chocolate bar = 95 kcal
12. Haribo sweets mini pack = 54 kcal
13. French Fries crisps 18g = 78 kcal
14. Nine Chewits = 100 kcal
15. Two Mini Babybel Light = 84 kcal
16. Blue Riband biscuit = 99 kcal
17. Fab ice lolly = 82 kcal
18. Special K cereal bar = 89 kcal
19. 30 grapes (1 handful) = 100 kcal
20. Twix Fun Size = 98 kcal



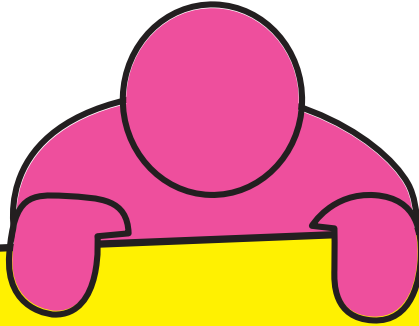


- 21. Twiglets 24g bag = 99 kcal
- 22. Snack-a-Jacks 23g bag = 90 kcal
- 23. Hard boiled egg = 70 kcal
- 24. Slice of Soreen Malt Loaf = 86 kcal
- 25. Alpen Chocolate bar = 65 kcal
- 26. Tic Tacs (18g box) = 70 calories
- 27. A slice of toast with marmite = 100 calories
- 28. Fifteen olives (38g) = 87 kcal
- 29. Calippo lolly = 100 calories
- 30. Jelly Beans 25g bag = 93 kcal

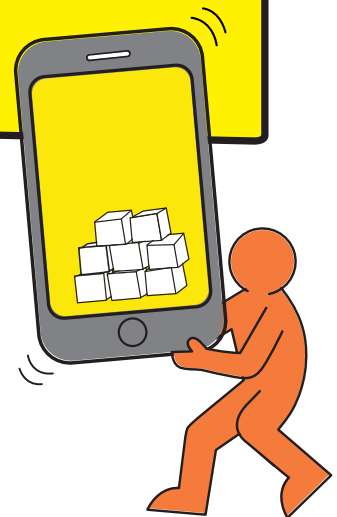
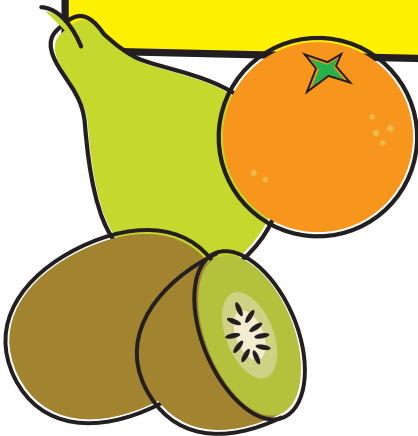


31. Twister lolly = 85 kcal
32. Mullerlight yogurt = 99 kcal
33. Rowntree fruit pastille lolly = 54 kcal
34. Chocolate buttons 18g bag = 76 kcal
35. Solero lolly = 99 kcal
36. Four marshmallows = 95 kcal
37. Two crackers with peanut butter = 93 kcal
38. One apple = 55 kcal
39. 1 tbsp cream cheese with 12 cucumber sticks = 74 kcal
40. Two kiwi = 84 kcal





41. Five dried apricots = 95 kcal
42. One medium pear (170g) = 100 kcal
43. Salt and vinegar rice cakes = 84 kcal
44. Mini Kinder bar = 70 kcal
45. Skips crisps (17g bag) = 90 kcal
46. Twelve unsalted peanuts = 90 kcal
47. Mini smarties 14.4g pack = 68 kcal
48. Two Rich Tea calories = 72 kcal
49. One McVities Milk Chocolate Digestive = 86 kcal
50. Two plums = 90 kcal





Contact us for more information

healthimprovement@wakefield.gov.uk

**For more information on healthy food, snacks
and recipes for all the family:**

<https://www.nhs.uk/change4life>

**Please take care giving nuts to children due to
choking risk and allergies.**





191295 Designed and produced by Wakefield Council, Communications 3r18  recycle

