

Healthy 100 Calorie Snacks

Most pregnant women do not need extra calories in their first trimester. In the last 6 months of pregnancy, most women need an extra 300 calories per day.

Here is a list of snacks that are about 100 calories that you can fit into your diet to get the calories and nutrients you need to gain the right amount of weight for you and your baby.



- 3 cups of air-popped popcorn (unbuttered)
- 1 cup of non-fat yogurt (130 calories)
- 1/4 cup of dried fruit (for example, raisins, dried apricots or cranberries)
- Small handful of nuts (14 almonds)
- Smoothie (1/3 cup of non-fat yogurt, 2/3 cup of frozen blueberries, ice)
- Low-fat cheese (1 slice) spread over 3 whole wheat crackers
- Mozzarella string cheese stick, part-skim (80 calories)
- Whole wheat goldfish (about 40 pieces)
- NutriGrain bar (1 bar is 120 calories)
- 1 stalk of celery with low-fat cream cheese (2 Tbsp.) and raisins (1 Tbsp.)
- 1 hard-boiled egg (75 calories)
- 1 medium-sized banana, apple, pear, etc.
- 3/4 cup of canned pineapple (in its own 100% fruit juice)
- 1/2 cup of low-fat cottage cheese and 5 strawberries
- 2 cups of melon
- 2 cups of seedless grapes
- 2 Tbsp. of hummus with 1 cup of raw vegetables (cucumber, bell peppers, grape tomatoes)
- 1/2 of an apple and 1 Tbsp. peanut butter
- 5 Hershey's Dark Chocolate Kisses

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