

# WW SNACK IDEAS

## ZERO SMART POINTS

- 1 cup sugar free Jello
- 1 sugar free popsicle
- Dole mandarin orange fruit bowls, no sugar added, 4 ounce size
- Dole pineapple tidbits fruit bowls, no sugar added, 4 ounce size
- dill pickles
- Mott's Natural Applesauce, 1 - 4 ounce container
- a hard boiled egg
- baked apple sprinkled with cinnamon

## 1 WW SMARTPOINT SNACKS

- Prosciutto wrapped asparagus, 4 wrapped spears
- 7 Almonds
- Saltine Crackers, 4 crackers
- 2 Teaspoons of prepared PB2 on celery sticks
- Rold Gold Pretzel sticks, 20 pieces
- Canadian Bacon, 3 slices
- WASA whole grain bread, 1 slice
- One-half cup nonfat cottage cheese with a sliced banana
- Ginger snap cookie, 1/4 ounce
- Frigo Cheese Heads light string cheese, 1 string
- Sargento Light mozzarella string cheese, 1 stick (goes great with a pear!)
- Mini Baybel Light semisoft cheese
- Progresso Light Soups, 1 cup  
\*\*For Most Flavors!\*\*
- 5 Mini Tootsie Rolls
- Homemade guacamole, 2 tablespoons

## 2 WW SMARTPOINT SNACKS

- One Laughing Cow Light Garlic & Herb wedge
- 3 slices white meat turkey lunch meat rolled in 3 lettuce leaves
- Butter flavored popcorn, 1 cup
- Chocolate graham cracker, 1 square
- 1/4 cup light vanilla yogurt and blueberries
- Nabisco Good Thins The Corn One, Sea Salt Corn and Rice Snacks, 17 crackers
- Three ounces turkey, sliced tomato, lettuce, onion, 3 pickle chips, on 2 slices reduced calorie whole-wheat bread and 1 teaspoon spicy brown mustard
- WW Cherry almond trail mix bar, 1 bar
- Keebler waffle cone, 1 cone (This is just the cone and not with ice cream)
- Dairy Queen fudge bar, 1 bar
- Nutella, 1 teaspoon with strawberries
- Pop Secret Kettle corn popcorn, 1 cup
- WW Sea Salt Hummus chips, 1 pouch
- Wheat thins whole grain crackers, 8 crackers
- Lay's Poppables, 15 chips
- Chocolate graham cracker, 2 squares
- Sensible portions garden veggie straws with sea salt, 22 straws
- Pistachios, in shells – 22 pieces
- Chocolate Pocky sticks, 4 sticks
- Baby carrots with 2 tablespoons reduced fat ranch dressing
- Special K Cracker Chips, 17 pieces
- Quaker Popped Ranch Flavored mini rice cakes, 9 rice cakes
- Sargento Light Mozzarella Cheese stick wrapped in 2 ounces sliced turkey
- 3 cups light microwave popcorn
- Popped Mini Rice Snacks, Caramel Corn, 7 rice cakes

- Jell-o Sugar Free Creme Brulee Rice Pudding, 1 portion cup
- Goldfish snack crackers, baked cheddar, 32 crackers
- Tribe Dark Chocolate hummus, 2 Tablespoons
- Fit & Active rice cakes, 8 mini cakes
- Crispix cereal, dry, 1/2 cup

## 3 WW SMARTPOINT SNACKS

- Slim Jim Original Snack sticks, 2 sticks
- Quaker Popped Chocolate mini rice cakes, 10 rice cakes
- Keebler pretzel thins, 8 pieces
- Nutella, 2 teaspoons with strawberries
- Emerald Sriracha cashews 100 calorie pack, 1 pack
- Keebler Club crackers, minis, multigrain, 24 crackers
- Fat-Free Cottage Cheese, 1 cup
- Apple slices with 1 tablespoon peanut butter
- Mini Wheats Frosted cereal, bite size, dry, 1/2 cup
- Whisps Parmesan Cheese crisps, 15 crisps
- Two stalks of celery with 1 tablespoon peanut butter
- Barbecue PopChips, 18 chips
- Skinny Pop 100 Calorie Bag
- Eight baked low-fat tortilla chips and 2 Tbsp. fat free black bean dip
- Emerald Cocoa roast dark chocolate almonds, 100 calorie pack, 1 pack
- Emerald Natural walnuts and almonds, 100 calorie pack , 1 pack
- 1 rice cake with 2 teaspoons peanut butter

- Sun-Maid Mini-snacks natural California raisins, 1 box
- Kashi TLC snack crackers, Original 7 grain, 12 crackers
- Built Bars, lots of different flavors, per bar
- Boar's Head Dark Chocolate
- Hummus, 2 Tablespoons

## 4 WW SMARTPOINT SNACKS

- Chex Mix, traditional, 1/2 cup
- Planter's cocktail peanuts, 30 peanuts \*\*Anymore will take you to 5 SmartPoints
- Trader Joe's Inner Peas, 22 pieces
- Planter's dry roasted peanuts, 35 peanuts
- Ritz Crisp & Thins, 24 pieces
- Annie's Homegrown Cheddar Squares Baked cheese crackers, 27 crackers
- Oreo Thin Crisps 100 calorie pack, 1 pack
- Skinny Pop Popcorn puffs, 1 1/2 cups
- Tostitos Scoops Tortilla Chips, 13 chips
- Quaker Chewy Chocolate chip granola bar
- Sun chips Multigrain snacks, original flavor, 15 chips
- Post Honey Bunches of Oats with almonds cereal, 3/4 cup
- Mini Larabar, apple pie fruit and nut bar
- Healthy Choice Greek Dark Fudge Swirl Frozen Yogurt
- Kellogg's Special K Protein Greek yogurt and fruit granola snack bar

- Teddy graham snacks, 10 pieces
- Cheerios Multigrain cereal, dry, 1 cup
- Wheat thins toasted chips, Great Plains Multigrain, 13 chips
- Cheez-It Reduced Fat White Cheddar Crackers, 25 crackers
- Sensible portions garden veggie straws with sea salt, 38 straws
- Enjoy Life Lentil Chips, 31 chips

CREATED BY: [FOODNSERVICE.COM](http://FOODNSERVICE.COM)