

Sometimes we just need a little something sweet! This great resource allows you to incorporate a little treat into your diet. Simply substitute one of the following options in place of a snack. Each option has between 100-150 calories. Enjoy!

Yogurt & Pudding

Kozy Shack®

- 1 Crème Caramel Flan
- 1 Original, European Style, or Cinnamon Raisin Rice Pudding
- 1 Original or Honey Lemon Tapioca
- 1 Chocolate or Chocolate Hazelnut Pudding

Yoplait®

- 1 Delights or Whips yogurt

Ice Cream

Klondike®

- 100 Calorie Vanilla or Chocolate Sandwich
- 100 Calorie Stickless Vanilla Bar
- 100 Calorie English Toffee Stick
- 100 Calorie French Vanilla Stick

Blue Bunny®

- 100 Calorie Fudge Bar
- 1 Sweet Freedom® Ice Cream Bar Krunch Lites
- 1 Sweet Freedom® Chocolate Cone
- 1 Sweet Freedom® Caramel Lites Bar
- 1 Sweet Freedom® Black Raspberry Ice Cream Bar
- 1 Ice Cream Sandwich - Vanilla, Neapolitan, or Mississippi Mud
- 1 Ice Cream Bar - Root Beer Float, Caramel, or Vanilla
- 1 Ice Cream Cup - Vanilla or Chocolate

Breyers®

- 1 Triple Chocolate Chip Bar
- 1 Vanilla Fudge Brownie Sandwich
- 1 Chocolate Brownie Caramel Sandwich
- 1 Chocolate Chip Cookie Dough Sandwich

Skinny Cow®

- *1 Low Fat Cup:* Chocolate Fudge Brownie, Dulce de Leche, or Strawberry Cheesecake
- *1 Low Fat Sandwich:* Mint, Strawberry Shortcake, Vanilla, or Chocolate
- *1 Low Fat Cone:* Chocolate with Fudge, Mint with Fudge, or Vanilla with Caramel
- Fudge Bars
- *1 Truffle Bar:* French Vanilla, Chocolate, Caramel, or White Mint

Chocolate

Dove® Promises®

- 3 pieces of your favorite Dove promise chocolate

Hershey®

- 2 EXTRA DARK Dark Chocolate Tasting Squares (any flavor)
- 4 KISSES Milk or Dark Chocolates
- 2 REESE'S Miniature Peanut Butter Cups
- 2 YORK Bite Size Peppermint Patties

Cookies

Nabisco® 100 Calorie Packs

- Mister Salty Milk Chocolate Pretzels
- Mister Salty Yogurt Flavored Pretzels
- Lorna Doone
- Fudge Petites Shortbread
- Oreo Thin Crisps
- Oreo Mini Cakesters
- Oreo Golden Minis
- OreoSnack Cakes
- Honey Maid Cinnamon Roll Thin Crisps

Vitalicious®

- 1 VitaTop
- 1 VitaMuffin
- 1 VitaBrownie
- 1 VitaCake

Walker's®

- 3 Shortbread Lemon cookies
- 3 Raspberry Thins

Kashi®

- 1 TLC® Soft-Baked Cookies Happy Trail Mix
- 1 TLC® Soft-Baked Cookies Oatmeal Raisin
- 1 TLC® Soft-Baked Cookies Oatmeal Dark Chocolate

Famous Amos®

- 4 Bite Size Chocolate Chip Cookies
- 4 Bite Size Chocolate Chip & Pecans Cookies

Keebler®

- 2 Sandies® Simply Shortbread Cookies
- 2 Sandies® Cashew Simply Shortbread
- 2 Sandies® Pecan Shortbread
- 2 Dark Chocolate Almond

Mother's® Cookies

- 2 Oatmeal Cookies
- 4 Chocolate Chip Cookies
- 5 Coconut Cocadas® Cookies
- 4 Iced Lemonade Cookies