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[100 CALORIE SNACK IDEAS??SUBMITTED BY TERESE RUTKOWSKI, MS, RD, CD](#)

Any question regarding this article please contact the WIC program to speak with a registered dietitian at ext. 3146 We are supersizing everything, but particularly snack foods. So even if you eat what you think is one portion, it can really be three portions, and that can definitely derail your diet. One way around the problem: Have your snacks, but keep them to 100 calories or fewer. If you foc...

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Low-Calorie Cereal SnackKellogg s Bite Size Maple & Brown Sugar Frosted Mini-WheatsThese super-tasty sweet treats feature a satisfying crunch (it helps that whole grain wheat is the firstingredient). Six Mini-Wheats will cost you just 47 calories--and you ll get a gram of filling fiber, too.Nutrition facts for six Mini-Wheats: 47 calories, 0 g fat, 0 mg cholesterol, 0 mg sodiumAntioxidant-Rich Fru...

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