



TIP: 100 CALORIE SNACKS

Another way to think about the idea of nutrient-dense and calorie-dense foods is to look at a variety of foods that all provide the same calories. Let's say that you wanted to have a snack that contained about 100 calories. You might choose one of these:

- 7- or 8-inch banana
- two ounces baked chicken breast with no skin
- three cups low-fat popcorn
- two regular chocolate-sandwich cookies
- half cup low-fat ice cream
- one scrambled large egg cooked with fat
- 20 peanuts
- half of the average-size candy bar

Which would make a better snack for you? Although these examples all have about 100 calories, there are some big differences:

- banana, chicken, peanuts, or egg are more nutrient dense
- popcorn or chicken are likely to help you feel more satisfied
- chicken, peanuts, or egg have more protein
- cookies, candy, and ice cream have more added sugars