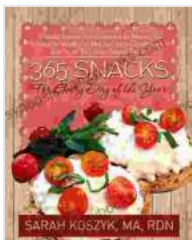


Snacks Under 250 Calories: A Guide to Healthy and Convenient Nibbles

Snacks are an essential part of a healthy diet, providing us with energy and nutrients throughout the day. But it can be difficult to find snacks that are both healthy and convenient. That's where this guide comes in.

In this guide, we'll provide you with a variety of snack options that are all under 250 calories. These snacks are perfect for home, school, work, or on the go. So whether you're looking for a quick bite to eat or a more substantial snack, we've got you covered.



365 Snacks for Every Day of the Year: Snacks Under 250 Calories At Home, At School or Work, On the Go, At a Convenience Store, or For Your Sweet Tooth

by Gooseberry Patch

★★★★☆ 4.1 out of 5

Language : English
File size : 4458 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 94 pages
Lending : Enabled



Snacks for Home

When you're at home, you have the luxury of being able to prepare more elaborate snacks. Here are a few ideas for healthy snacks under 250 calories that you can make at home:

* **Fruit and yogurt parfait:** Layer yogurt, fruit, and granola in a glass or jar. Top with a drizzle of honey or maple syrup. * **Veggie sticks with hummus:** Cut up your favorite veggies (such as carrots, celery, and cucumbers) and serve them with hummus. * **Trail mix:** Combine nuts, seeds, and dried fruit in a bag or container. * **Popcorn:** Air-popped popcorn is a low-calorie snack that's also a good source of fiber. * **Smoothie:** Blend together your favorite fruits, vegetables, and yogurt.

Snacks for School

If you're looking for snacks to take to school, you'll need to choose options that are portable and easy to eat. Here are a few ideas for healthy snacks under 250 calories that are perfect for school:

* **Fruit cups:** Pre-cut fruit cups are a convenient and healthy snack option. * **Veggie sticks:** Cut up your favorite veggies (such as carrots, celery, and cucumbers) and pack them in a bag or container. * **Trail mix:** Combine nuts, seeds, and dried fruit in a bag or container. * **Yogurt tubes:** Individual yogurt tubes are a great source of protein and calcium. * **Whole-wheat crackers with cheese:** Whole-wheat crackers with cheese provide a good balance of carbohydrates and protein.

Snacks for Work

If you're looking for snacks to take to work, you'll need to choose options that are portable and easy to eat. Here are a few ideas for healthy snacks under 250 calories that are perfect for work:

* **Fruit cups:** Pre-cut fruit cups are a convenient and healthy snack option.

* **Veggie sticks:** Cut up your favorite veggies (such as carrots, celery, and cucumbers) and pack them in a bag or container.

* **Trail mix:** Combine nuts, seeds, and dried fruit in a bag or container.

* **Yogurt tubes:** Individual yogurt tubes are a great source of protein and calcium.

* **Hard-boiled eggs:** Hard-boiled eggs are a good source of protein and fat.

Snacks for On the Go

If you're looking for snacks to eat on the go, you'll need to choose options that are portable and easy to eat. Here are a few ideas for healthy snacks under 250 calories that are perfect for on the go:

* **Fruit cups:** Pre-cut fruit cups are a convenient and healthy snack option.

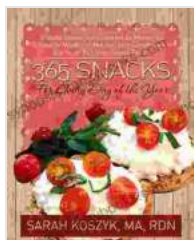
* **Veggie sticks:** Cut up your favorite veggies (such as carrots, celery, and cucumbers) and pack them in a bag or container.

* **Trail mix:** Combine nuts, seeds, and dried fruit in a bag or container.

* **Yogurt tubes:** Individual yogurt tubes are a great source of protein and calcium.

* **Whole-wheat crackers with cheese:** Whole-wheat crackers with cheese provide a good balance of carbohydrates and protein.

There are many healthy and convenient snacks that are under 250 calories. Whether you're looking for a snack for home, school, work, or on the go, there's something for everyone. So next time you're looking for a healthy snack, be sure to check out the options in this guide.

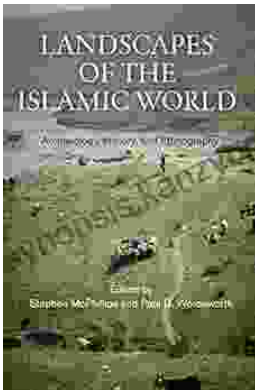


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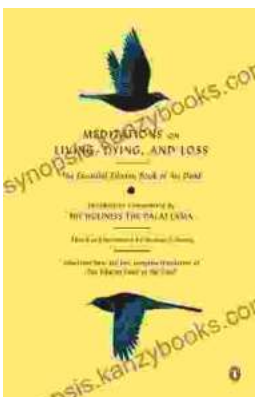
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