



JETT 90 Calorie Snack List

1. Blackberries (1/2 cup or 2.5 oz) and one low fat skim cheese stick
2. Almonds (10) and 20 raspberries (2 oz.)
3. Apple (2.2 ounces/quartered) and peanut butter (3/4 tablespoon or .45 oz.)
3. 20 Raspberries (2 oz.) and lean deli turkey (3 slices/2.1 oz.)
4. Baby carrots (10) and low fat skim cheddar (2 cubes/1.2 oz.)
5. Cottage cheese (.4 cup/3.2oz) and 20 blueberries
6. Plain greek yogurt (3/4 cup/4 oz.) and 25 blueberries
7. Hard boiled egg white (2) and rice bread (1/2 Slice)
8. Peanut butter, celery (4 slices) and raisins (ants on a log) - 4
9. Pickles (3 -3/4" long/65 g and low fat skim cheddar (2 cubes/1.2 oz.)
10. Cucumbers (3 slices/11 oz. and lean deli turkey (2 slices/1.4 oz)