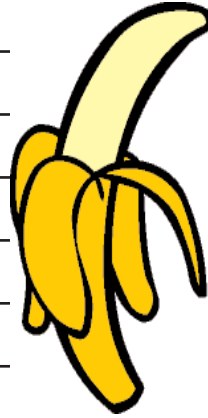


100 Calorie Packs

100 calorie serving:	grams per serving:
15 stalks celery	600
9 oz light nonfat yogurt	255
2 cups carrots	244
1.6 oranges	209
1.5 apples	207
1 cup grapes	151
1 banana	118
1/2 donut	42
1/2 blueberry muffin	36
1/3 chocolate chip bagel	33
2 fig cookies	31
1.75 graham crackers	23
3/4 oz crackers	22
2 chocolate cookies	22
.75 oz potato chips	21



To consume 100 calories of celery, you would have to eat over 1 pound or 21 ounces to be exact. But if you chose potato chips, you would get a measly 12 chips or about 3/4 ounce chips for the same 100 calories.

While the 100 calorie packs of high-calorie foods are good for portion control and portion awareness, perhaps choosing these snacks often, instead of better choices like fruits and vegetables, may not be the best bet.

A healthful snack should provide more of the things you need like fiber, nutrients and satiety and less of the things most individuals don't need like sugar, fat, salt and high calorie density. Which is more easy to eat in one sitting - 21 ounces of celery or 12 potato chips?

Chances are, if a food needs to be packaged in a 100-calorie serving, it might not be the best choice for an all-the-time snack.

Our chart above shows you the quantity of each food if you choose to eat just 100 calories. The foods at the top, like celery, nonfat light yogurt, carrots, oranges, apples, grapes and bananas are the best choices because you get to eat more. They also have more fiber, nutrients and moisture content. And less fat, sugar salt and sodium. They are generally much lower in cost per ounce, too.

Better still, the foods at the top count towards important servings of fruits, vegetables and nonfat dairy as recommended by MyPyramid and the Dietary Guidelines for Americans. For more information, see *MyPyramid.gov*.