



High Calorie Snack Ideas

100-CALORIE SNACK	200-CALORIE SNACKS
• 8 cashew nuts • 10 potato chips • 1 graham cracker (rectangle) • 8 ounces orange juice • 1 package Carl Buddig meat • 2 oatmeal cookies • 8-10 roasted peanuts • 1 large apple • 1 small (1.5 ounce) box raisins • 1 medium banana • 8 ounces lemonade • 5 vanilla wafers • 2 BBQ chicken wings • 1 2-inch slice angel food cake • 2 slices bacon • 1 slice cheese • 2 cups fresh strawberries • 5 ounces grape juice • ½ cup orange sherbet	• ½ peanut butter and jelly sandwich • 1 McDonald's small fries • ½ cup 2% low fat cottage cheese • 1 package (1.69 ounce) M&M's • 1/8 of 14-inch pizza • 2 ounces fudge • 1 cup ice cream • 1 small Danish pastry • 2/3 cup chocolate pudding • 1 cup yogurt • 1 beef taco • 1 cup chocolate milk • 1 English muffin with 1 teaspoon margarine • 2 ounces Chex Mix • 1 large apple with 1 tablespoon peanut butter • 33 Cheez-It crackers • 1 1/8 ounce Hershey bar
300-CALORIE SNACKS	400-CALORIE SNACKS
• 1 slice pumpkin pie • 2 ounces milk chocolate with almonds • 1 medium onion rings (Burger King) • 7 ounces eggnog • 30 animal crackers • 2/3 cup macaroni and cheese • 1 cup soft ice cream • 2-3 cookies and 8 ounces whole milk • 1 Burger King Whopper Jr. • 1 Wendy's grilled chicken sandwich • 2 tacos • 8 ounces McDonald's vanilla shake • 2 1.2 ounce Snickers bar • 6-piece chicken nuggets • 1 large plain bagel (Einstein's) • 1 brownie with nuts (4-inch by 6-inch) • 1 Starbucks Mocha Frappuccino (grande) • 2 ounces Fritos corn chips	• 1 chicken pot pie • ½ cup Hamburger Helper • 1 Taco Bell burrito supreme • 1 cup homemade macaroni and cheese • 2 slices pepperoni pizza • 1 6-inch southwest turkey bacon or steak and cheese Subway sandwich • 1 ½ cups regular ice cream • 1 McDonald's sausage biscuit • 6 fish sticks • 3 Fazoli's bread sticks • 4 slices bologna • 1 Dairy Queen Buster Bar • 3 ounces peanuts • 1 peanut butter and jelly sandwich • 1 cup scalloped potatoes with cheese • 1 cup chili