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# SNACK YOUR WAY TO IMPROVED LUNG FUNCTION

## A Caloric Guide to Common Snack Foods

### 100 CALORIES

- 1 large apple
- 2-inch slice of angel food cake
- 1/2 of a small avocado
- 2 slices of bacon
- 1 medium banana
- 8 cashew nuts
- 1 slice of cheese
- 2 c. of dried apricot halves
- 3 ginger snaps
- 3 graham crackers
- 5 oz. of grape juice
- 1.5 tbsp of jam
- 2 oz. of lean roast beef
- 8 oz. of lemonade
- 4 to 6 oz. of low-fat yogurt
- 1 macaroon
- 1 oatmeal cookie
- 2 tsp of raisins
- 8-10 roasted peanuts
- 5 vanilla wafers

### 200 CALORIES

- 1 beef taco
- 2 tbsp butterscotch sauce
- 33 Cheez-It crackers
- 1 oz. Cheetos Crunchy Cheese
- 1 c. of chocolate milk
- 1 c. of chocolate pudding
- 1 small danish pastry
- 1 english muffin w/ 1 tbsp butter
- 10 french fries
- 2 oz. of fudge
- 1 1/8 oz. of a Hershey bar
- 1 c. of ice cream
- 20 jelly beans
- 1 jelly donut
- 1 Lemon Zest Luna Bar
- 2 tbsp peanut butter
- 1/2 of a PB and J sandwich
- 1/8 of a 14" pizza
- 1 small tostada
- 1 c. of yogurt

### 300 CALORIES

- Burger King Whopper Jr.
- 10 oz. banana split
- 4"x6" brownie with nuts
- 6 chocolate chip cookies
- 5" eclair with icing
- 1 slice of lemon meringue pie
- 2/3 c. of macaroni and cheese
- McDonald's cheeseburger
- 8 oz. McDonald's vanilla shake
- 5 oatmeal cookies with raisins
- 2 6" pancakes
- 3 tbsp of peanut butter
- 6"x6" slice of pound cake
- 1 slice of pumpkin pie
- 2.5 oz. of Snickers bar
- 1 c. of soft ice cream
- 3 oz. of spare ribs
- 2 tacos

### 400 CALORIES

- 1 frozen chicken pot pie
- 1 c. of chili
- 1 c. of corned beef hash
- 10 oz. of eggnog
- 6 fish sticks
- 4 oz. of ham
- 1/2 c. cooked Hamburger Helper
- 1 c. homemade mac & cheese
- 1 c. homemade milkshake
- 1 piece of homemade pie
- 3 oz. of peanuts
- 2 slices of pepperoni pizza
- 1 c. scalloped potatoes w ham and cheese
- berry shortcake w whipped cream
- 1.5 c. of tuna noodle casserole