



HIGH CALORIE SNACK IDEAS

Karen Maguiness, MS, RD, CSP
Riley Hospital for Children
Indianapolis, IN

100 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 two-inch slice angel food cake
- 2 slices bacon
- 1 slice cheese
- 2 cups fresh strawberries
- 5 ounces grape juice
- $\frac{1}{2}$ cup orange sherbet

200-CALORIE SNACKS

- $\frac{1}{2}$ peanut butter and jelly sandwich
- 1 McDonald's small fries
- $\frac{1}{2}$ cup 2% low fat cottage cheese
- 1 package (1.69 oz.) 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 w/ 1 tsp margarine
- 2 ounces Chex Mix
- 1 large apple with 1 Tablespoon peanut butter
- 33 Cheez-It crackers
- 1 1/8 oz Hershey bar

300-CALORIE SNACKS

- 1 slice pumpkin pie
- 2 oz. milk chocolate w/ almonds
- 1 med. onion rings (Burger King)
- 7 ounces eggnog
- 30 animal crackers
- 2/3 cup macaroni and cheese
- 1 cup soft ice cream
- 2-3 cookies & 8 oz. whole milk
- 1 Burger King Whopper Jr.
- 1 Wendy's grilled chicken sandwich
- 2 tacos
- 8 oz. McDonald's vanilla shake
- 2 $\frac{1}{2}$ oz. Snickers bar
- 6 piece chicken nuggets
- 1 large plain bagel (Einstein's)
- 1 brownie with nuts (4"X6")
- 1 Starbucks Mocha Frappachino (grande)
- 2 ounces Fritos corn chips

400-CALORIE SNACKS

- 1 chicken pot pie
- $\frac{1}{2}$ 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
- 1 $\frac{1}{2}$ cup regular ice cream
- 1 McDonald's sausage biscuit
- 6 fish sticks
- 3 Fazzoli's bread sticks
- 4 slices of bologna
- 1 Dairy Queen Buster Bar
- 3 oz. peanuts
- 1 peanut butter and jelly sandwich
- 1 cup scalloped potatoes with ham and cheese
- 1 cup chili

