

10 Anti-Aging Foods That Fuel Your Heart, Skin, And Eyes

In the United States, cardiovascular disease — including heart disease, stroke, and high blood pressure — is responsible for one out of every three deaths. It is the number one killer of American women and men, and it is a leading cause of serious illness and disability.

Kaitlyn writes.....

I don't know about you but I am a major snacker! I could sit and eat a whole bag of tortilla chips with some salsa. Snacking is the hardest part of my diet to keep in check. Junk food always seems so much more convenient and tasty. But I've made a goal to change up my snack habits so today I'm sharing delicious *and* nutritious snacks under 200 calories. My goal with this list was to find things that are *easy and convenient* while also being totally *satisfying and filling*. You won't find any 100 calorie packs of Oreos on this list, because let's be honest, who in the world is full after 5 mini Oreos anyway? 😊



10 Healthy Snacks Under 200 Calories



Photo: settlingsideways.wordpress.com

1. 1 apple with 1 tablespoon almond butter – 170 calories



Photo: womensrunning.competitor.com

2. 1/2 cup blueberries mixed with 1/2 cup non-fat plain greek yogurt and 1/2 cup granola – 200 calories



Photo: bodyrock.tv

3. 1 banana spread with 1 tablespoon almond butter and a sprinkled with 1/2 a tablespoon of granola – 200 calories



Photo: sheknows.com

4. 3 cups air-popped popcorn and an apple – 170 calories

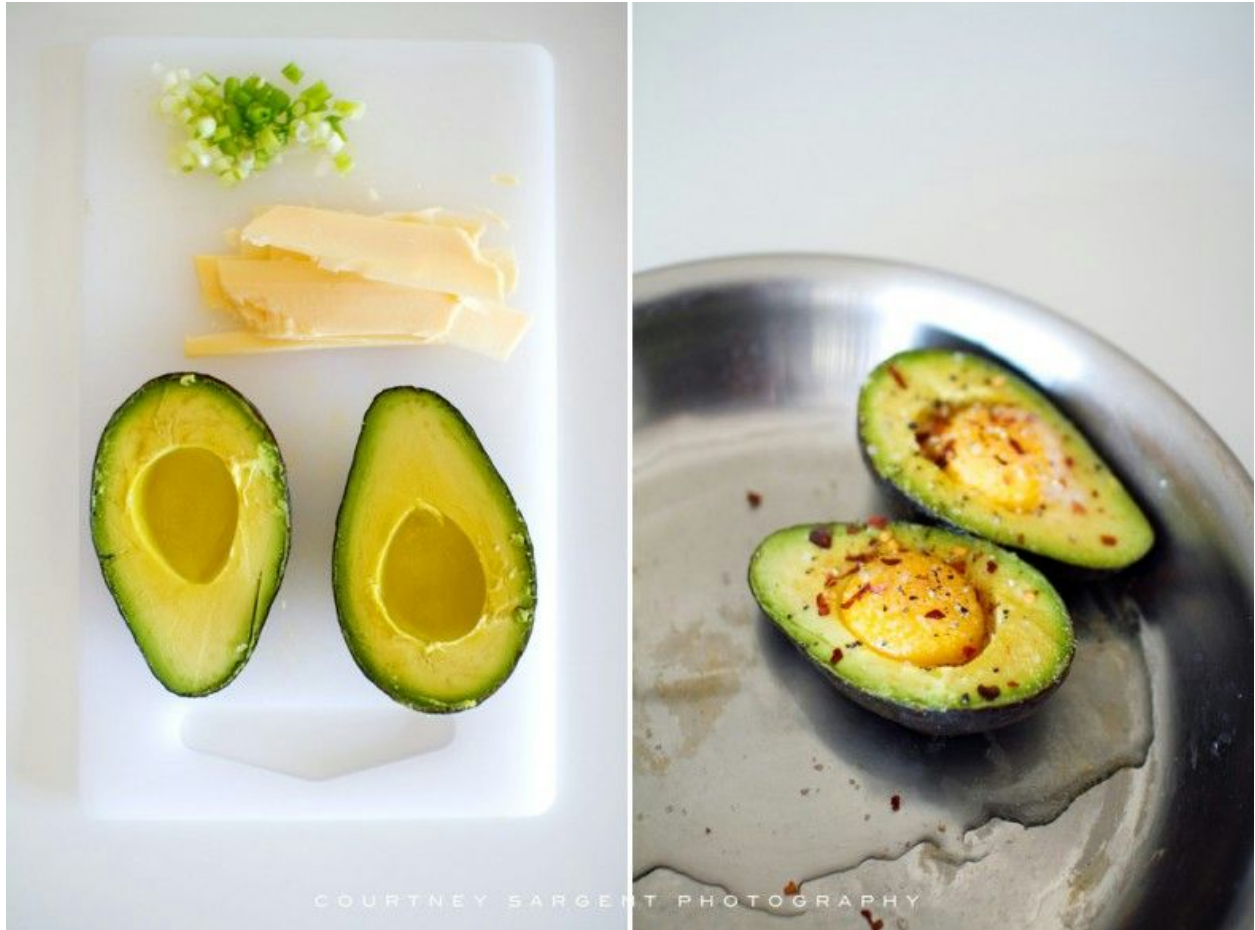


Photo: courtneysargent.com

5. 1 small avocado sprinkled with salt and pepper and topped with a spoonful of salsa – 140 calories



Photo: [livestrong.com](https://www.livestrong.com)

6. 1 baked sweet potato with 1/2 cup fat-free cottage cheese and sprinkled with cinnamon – 130 calories



Photo: hip2save.com

7. 1 cup cubed watermelon topped with 1/4 cup feta cheese and 1 teaspoon fresh chopped dill – 150 calories



Photo: [recipeshubs.com](https://www.recipeshubs.com)

8. 1 cup jicama spears with 1/4 cup guacamole for dipping – 170 calories



Photo: pinterest.com

9. Lettuce wraps made with 2 pieces of ice burg lettuce, 2 oz deli turkey meat, 1 tablespoon mayonnaise and 2 teaspoons dijon mustard – 160 calories



Photo: lindonfarms.com

10. 1 cup freeze dried fruit (apples, blueberries, raspberries, strawberries etc) – between 60 and 100 calories

Source: onegoodthingbyjillee.com