





# 100 Sweet Treats Under 200 Calories

Have your dessert (and eat it too) without wrecking your waistline (102 Photos)

Jessica Smith on Feb 23, 2011 at 10:12AM

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## ***Eat at Your Desk: Vanilla Almond Milk and Meringues***


For a healthier twist on cookies and milk, registered dietician Sharon Richter, recommends pairing unsweetened vanilla almond milk with a few sugar-free meringue cookies. "Almond milk is calcium-rich and the cookies are really low in calorie," she says.

Nutritional information per serving (8 oz. almond milk, 13 mini meringue cookies): Approx. Calories 120, Fat 6g, Fiber 2g, Protein 7g, Sugar 2g.

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## ***Eat at Your Desk: Yumnuts***

These mouth-watering cashews are lightly sweetened with tapioca syrup and coconut. Bonus: Their protein and good fats will fill you up for hours and "cashews also contain magnesium, a healthy nutrient which has been shown to lower blood pressure," explains registered dietitian, Sharon Richter. Enjoy a generously-sized four-pack set for \$19.96; available online at [yumnutsnaturals.com](http://yumnutsnaturals.com).

Nutritional information per serving (1/4 cup):  
Calories 170 Fat 13g fat (3g saturated), Fiber 2g,  
Protein 5g, Sugar 4g.




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## ***On the Go: Dark Sweet Cherries***

“Cherries have among the highest levels of disease-fighting antioxidants, when compared to other fruits. They also contain other important nutrients such as beta carotene (19 times more than blueberries or strawberries) vitamin C, potassium, magnesium, iron and fiber,” explains Sharon Richter, a registered dietitian from New York City. “Emerging evidence also links cherries to many important health benefits – from helping to ease the pain of arthritis and gout, to reducing risk factors for heart disease, diabetes and certain cancers”.

Nutritional information per serving (1/2 cup):  
Calories 140, Fat 0g, Fiber 1g, Protein 1g, Sugar 26g.

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