Try these homemade snacks – each under 100 calories! Temptation zone. The time in between meals when you get that faint rumbling in your stomach is one of the toughest times to fend off high-calorie snacks, especially if there are cookies, chips, or a vending machine nearby. Sure, it's okay to indulge every once in a while, but low-calorie snacks that you can eat every day will keep your healthy diet intact. The following low-calorie, high-energy, great-tasting snacks will keep you satisfied until lunch or dinner – and they are each only 100 calories. 21 100-calorie snacks. Slice up half of a...