



Low carb/No carb snacks

- Cottage cheese- ½ -1 cup, can have with veggies
- String cheese or light string cheese or any pre packaged cheese- preferably lower in fat
- Rolled up cold cuts- turkey or chicken better, 2-3 slices
- Veggies and low fat salad dressing
- Veggies and light cream cheese or peanut butter or other nut butter or light laughing cow cheese- no more than 2 Tbsp
- Handful of nuts- no more than ¼ cup, be careful of the fat content
- Hard boiled egg or scrambled egg in microwave (in coffee mug for 1 min and a half)
- 2 oz of tuna or other canned fish with 2 tsp light mayo on a plate of vegetables
- Shrimp cocktail with celery
- Pickles
- Celery with light cream cheese or peanut butter or laughing cow light cheese or other veggies and light dip

15 grams carbohydrate or 1 carb choice:

- 1 medium fruit
- 1 cup light yogurt
- 2 popcorn cakes
- 3 cups popcorn
- 4 small gingersnaps
- 5 vanilla wafers
- 1 ounce pretzels
- 10 baked potato or tortilla chips
- 6 saltines
- 3 squares graham crackers
- 1 granola bar
- 2 sugar-free fudgesicles
- 1 cup sugar-free hot chocolate

30 grams carbohydrate or 2 carb choices:

- 1 cup light yogurt and ¼ cup granola
- 1 cup sugar-free pudding
- 16 animal crackers
- 8 melba toast
- 12 saltines
- 6 graham squares
- 1 Nutrigrain bar
- 1 large piece fruit
- 1 cup cereal and 8 ounces milk
- 20 baked potato or tortilla chips
- 1 English muffin
- 1 small bagel

15-30 grams carbohydrate and 1-2oz protein

- Yogurt (6oz no sugar added/light or plain) and ¼ cup nuts
- Cottage cheese (8oz, low fat) with ½ cup fruit or 5-6 reduced fat Triscuits, Kashi TLC crackers (10) or Ak Mak crackers (5) or 2 rice cakes or 3 Wasa crackers
- Banana (small or ½ large) and 1T peanut butter or apple and 1T peanut butter
- Light string cheese and fruit or Nature Valley fruit bar
- Fruit and ¼ cup nuts
- Cabot light cheddar or Kraft 2% milk cheese (2 slices) or 2T light cream cheese or 1T peanut butter with crackers (see choices above)
- Hard boiled egg or scrambled egg on slice of whole wheat toast
- ½ cup oatmeal and 1T peanut butter
- Hummus (1/3 cup) with either whole wheat pita (6")-Josephs brand or Sahara, carrots, or with crackers- same as examples as above
- Trail mix- dried fruits, nuts, and chocolate morsels- 1/3 cup!!
- Kashi granola bars or Nature Valley granola bars or All bran bars or Odwalla bars in a box or single serving (more carb), Trader Joe's bars, Fiber one bars
- Peanut butter nabs-4 pack, 6 pack (more carbs and both contain trans fat)