

Healthy Snacks

Snacks with around 15-20 grams Carbohydrate

5 whole-wheat crackers (Triscuits) with 1
tbsp natural peanut butter = 17g

2/3 cup blueberries and a small handful (12)
almonds = 15g

5 ounces Siggis raspberry yogurt = 12g

3 cups of popcorn with 2 TB nuts = 18g

1 cup strawberries and 1/2 cup of low-fat
cottage cheese = 15g

1 protein/nut bar with around 15-20 grams
carbohydrate

Nature Valley Protein Bar = 14g

Kind Bar Almond Coconut = 19g

1 small apple with 1 tbsp natural peanut
butter = 20g

1/2 turkey sandwich on 1 slice low-carb
whole-wheat bread with avocado spread and
cucumber slices = 8g

4 baby carrots, 4 celery stalks dipped in 3
tbsp hummus = 15g

9 Black Bean chips + ¼ cup guacamole

1 Hard boiled egg and 10-15 grapes = 15 g

2 Tbsp nuts and 1 orange = 20 g

1 small container light Greek yogurt = 11-18g

2 rice cakes and 2 Tbsp natural nut butter or
hummus = 19

1 cup Snap peas and a sting cheese = 11 g

Low-Carb Snack (less than 10 grams carb):

Handful of almonds, walnuts, or pecans

Celery stalks with natural peanut butter

String Cheese

2-3 Tbsp hummus and 1 cup cucumbers

2-3 Tbsp guacamole and ½ c green pepper sticks

1 cheese stick and 1 cutie

1/2 cup of low-fat cottage cheese

Hard boiled egg

4 cucumbers & ½ cup broccoli with 2 tbsp ranch dressing

Olives and pickles (high sodium)

Beef Jerky (high sodium)

Any raw vegetables (baby tomatoes, cucumbers, peppers, celery, baby carrots-limit to 8,
mushrooms, broccoli, cauliflower)