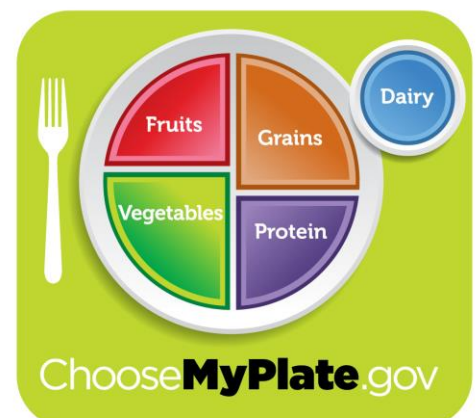




My Snacks

15 grams of carb

- 1 cup of milk or ½ cup of chocolate milk
- 1/3 cup canned fruit (in light syrup) with cottage cheese
- 8 ritz like crackers or 5 whole grain crackers with cheese
- ½ whole grain English muffin topped with marinara sauce and shredded cheese
- ½ cup milk and 5 animal crackers
- 3 graham cracker squares with peanut butter on top
- 6 inch tortilla rolled up with cream cheese and turkey
- 6 ounces of light yogurt
- ½ sandwich with meat & cheese
- 1 slice of thin crust pizza
- 1 cup edamame in the pods
- ¼ cup blueberries and ½ cup light yogurt
- 1 cup of apple slices with peanut butter
- 10 tortilla chips, melted cheese on top with ¼ cup salsa
- 2 oreo type cookies
- 6 saltines with tuna or egg salad
- Granola bar (read label)
- 1 mini bagel with cream cheese
- ½ cup unsweetened applesauce
- 3 cups of popcorn and a string cheese
- 1 slice of wheat toast with peanut butter
- ½ cup cheerios and ½ cup milk
- Quesadilla (6 inch tortilla folded over with melted cheese inside)
- 15 grapes with a string cheese (try frozen grapes!)
- Squeezable yogurt and a few baby carrots
- 1 cup miso soup and 4 saltines
- Beef jerky and a small piece of fruit
- 7 dried apricot halved and 2 tablespoons of nuts
- ½ cup sugar free pudding made with milk
- 1 sugar free popsicle and a cup of milk
- Hot cocoa (no sugar added packet, made with water) and 2 vanilla wafers
- 1 small pita & 2 tablespoons of hummus





My Snacks

carbohydrate free

*What to snack on when it is not snack or meal time:
aim for less than 5 grams of carbs*

- ¼ cup (1 handful) of nuts
- 1 sugar-free Popsicle®
- miso soup
- sunflower seeds in shells
- dill pickle
- celery & 1 tablespoon of cream cheese or peanut butter
- olives
- avocado
- salsa and raw veggies
- 1 cup of plain popcorn
- peanut butter (1-2 tablespoons)
- salad greens with vinaigrette
- vegetables such as broccoli, bell peppers, cauliflower, carrots with 2 tablespoons (2 scoops the size of your thumb) of hummus or light salad dressing
- hard-boiled egg
- meat jerky
- cheese stick or slices
- ½ cup of cottage cheese with chives
- 2-3 slices of rolled deli meat
- 1-2 ounces of tuna salad, chicken salad or egg salad on a slice of tomato
- crust-less veggie quiche
- egg & cheese mini-omelet
- ½ cup of sugar-free Jell-O®
- mozzarella cheese & tomato slices

