

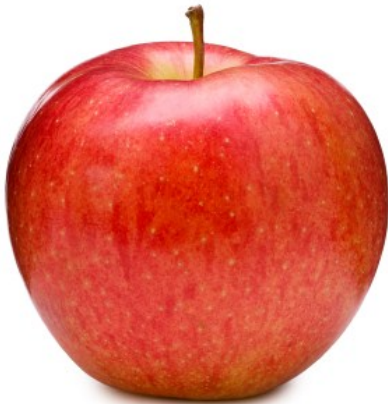
# Snack Ideas

## Low carb/ No carb

- 1/2 cup cottage cheese
- 1 part-skim string cheese or 3 small cubes
- 2 Laughing Cow light cheeses
- Handful of unsalted nuts (1/4 cup)
- 1 hard boiled egg
- Rolled up turkey cold cuts, 2-3 slices
- 1 pickle
- Seaweed
- 2 oz light tuna in water (1/4 small can)
- 1 packet diet Swiss Miss hot chocolate
- 1 cup sugar-free Jello
- 1-2 sugar-free popsicles
- Veggies (broccoli/ sliced bell pepper/ celery/ baby carrots/ cucumber) with 1-2 tbsp of:
  - Low-fat salad dressing
  - Hummus
  - Natural or low-fat peanut butter
  - Light cream cheese



## 15 g carb (=1 carb choice)



- 1 medium-sized fruit
- 1 cup light or nonfat yogurt
- 3 cups low-fat popcorn
- 2 rice cakes
- 10 tortilla chips or baked potato chips (low sodium)
- 6 saltines (low sodium)
- 3 graham cracker squares
- 12 plantain chips
- 12 wheat thins
- 4 Triscuits
- 10 small pretzels
- 2 no sugar added fudgesicles
- 1 granola bar (if 1 bar = 15 g of carb)
- 1/2 cup plain cooked oatmeal (without sugar)
- 1/2 cup no sugar added pudding
- 1 slice whole grain bread

## 15-30 g carb with protein

- 1/2 cup cottage cheese with 1/2 cup fruit
- 3/4 cup light yogurt and 1/4 cup nuts
- 1 Kashi or Nature Valley granola bar
- 1 light string cheese and 1 medium-sized fruit
- 1 small banana or apple and 1 tablespoon natural peanut butter
- 5-6 reduced fat Triscuits and 1 tablespoon peanut butter or 2 slices reduced-fat cheese
- 1/3 cup hummus with 1 whole wheat pita
- 1/3 cup trail mix

