

Snack Ideas with Carb Counts

Snack Ideas 0-5 grams -----

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| <ul style="list-style-type: none"> • Hard boiled egg • 1 oz cheese • ½-1 cup carrots with 1-2 tbsp dill dip • 1 cup bell peppers • Celery with 1 tbsp PB • Celery with 1 tbsp cream cheese • Tomato slices with 2 oz mozzarella cheese | <ul style="list-style-type: none"> • 2 saltine crackers • 10 gold-fish crackers • ¼ cup blueberries • 8 green olives • 5 cherry tomatoes + 1 Tbsp ranch • 15 almonds • 2 Tbsp pumpkin seeds | <ul style="list-style-type: none"> • 1 dill pickle • ¼ cottage cheese • Celery • Low-sodium jerky or meat stick • SF Jello • 1 dill pickle wrapped in 1 oz deli ham • 1 Sugar-Free popsicle/fudgsicle |
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Snack Ideas 6-10 grams -----

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| <ul style="list-style-type: none"> • Dannon Light and Fit Greek Yogurt • 1 oz string cheese with ¼ cup blueberries • Flavored Activa Light Yogurt • ¼ cup nuts | <ul style="list-style-type: none"> • 4 – 4” Celery stick + 2 Tbsp hummus • 1/2 cup berries with ¼ cup cottage cheese • 6 oz milk • 5 oz can of tuna + 5 crackers | <ul style="list-style-type: none"> • 1 Tbsp Spreadable Cheese + 5 Thin Crisp Crackers • 1 large pretzel rod + 20 pistachios • 1 Quaker rice cake + 1 string cheese |
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Snack Ideas 11-20 grams -----

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| <ul style="list-style-type: none"> • 1 piece toast with PB • ½ cup low-fat cottage cheese + ½ cup lite peaches or 1 cup fresh strawberries • 1 Fiber One bar • Non-starchy Vegetables + 1 cup skim milk • ½ medium banana + 1 Tbsp peanut butter • 1 small apple + 1 Tbsp peanut butter • 1 plain whole wheat mini bagel + 1 Tbsp cream cheese • Nature Valley Protein Chewy Bar • ½ cup Honey Nut Cheerios + 8 almonds | <ul style="list-style-type: none"> • 3 cups popcorn + 1 oz cheddar cheese • 3 graham crackers + 1 Tbsp peanut Butter • 5 Triscuit crackers + 1 hard-boiled egg • 5-6 snack crackers topped with tuna or chicken salad • 1 slice whole grain toast + 2 tsp peanut butter or ¼ avocado • 1 popsicle or fudgsicle • 3 graham crackers • 5 vanilla wafers • 3 Hershey Miniatures | <ul style="list-style-type: none"> • 5 Hershey Kisses • 2 Oreo Cookies • Flavored Chobani or Oikos Greek Yogurt • 2 Tbsp raisins + 23 almonds • ¼ cup fruit + nut trail mix • 4 oz. applesauce • 1 cup berries or cut melon • 15 grapes • 15 mini pretzels • 1 small bag reduced-fat chips • 2 rice cakes |
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Snack ideas 20-30 grams -----

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| <ul style="list-style-type: none"> • ½ banana + Dannon Light & Fit Greek Yogurt • 1 fruit + nut trail mix bar • 1 fruit + yogurt parfait • 1 small piece of fresh fruit + 1 cup skim milk • Full Banana • Full sandwich (2 piece bread, 2 oz meat, mayo) • 2 Oreo cookies and 8 oz milk | <ul style="list-style-type: none"> • ½ meat sandwich on WW bread and 4 oz milk • 1 cup cheerios + ¼ cup low fat milk • 1 small bagel + cream cheese • ½ English muffin + 1 TBSP PB + 4 oz milk • 1 packet instant oatmeal • 1 medium banana • 1 large apple • 1 large orange | <ul style="list-style-type: none"> • 30 grapes • 16 animal crackers • ½ cup instant pudding • 5 Twizzlers • 3 Fig Newtons • ½ cup ice cream, sherbet, or sorbet |
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