



CARB FRIENDLY SNACKS

LOW CARB < 10g

6 MINI SWEET PEPPERS
50 kcal

12 MEDIUM
BABY CARROTS
42 kcal

1 CUP DICED
WATERMELON
46 kcal

1/4 OF A MEDIUM
CANTALOUPE
50 kcal

1 OZ OF NUTS
(ALMONDS, PISTACHIOS,
PEANUTS)
170 kcal

MODERATE CARB < 15g

9 MINI SWEET PEPPERS
75 kcal

18 MEDIUM
BABY CARROTS
63 kcal

1 CUP BLUEBERRIES
85 kcal

14 PRETZELS STICKS
60 kcal

"FREE" FOODS < 5g

CUCUMBER SLICES

CELERY STICKS

HIGH CARB > 15g

1 CUP GRAPES
105 kcal

1 SMALL APPLE
127 kcal

ADD SOME PROTEIN!

EATING PROTEIN WILL INCREASE SATIETY AND HELP YOU FEEL FULL LONGER! PAIR ANY OF THE ABOVE WITH ONE OF THESE:

HARD BOILED EGG

0g CARB
70 CALORIES

PEANUT BUTTER, 1 TBSP

3.5g CARB
95 CALORIES

HUMMUS, 2 TBSP

4g CARB
70 CALORIES

CHEESE STICK

1g CARB
80 CALORIES

GREEK YOGURT

- CHOOSE LOW SUGAR OPTIONS SUCH AS "PLAIN" OR CHOBANI'S "LESS SUGAR" LINE
- LOOK FOR HIGH PROTEIN (>10g) AND LOW CARB (<13g)
- CHOOSE LOW FAT OR FAT-FREE YOGURTS FOR OVERALL HEALTH