

Healthy Snack Ideas

All snacks listed below are 1 carb choice (11-20 grams) or less and about 100 calories. Snacks are sometimes helpful because they can prevent overeating at a meal. Snacks are also a good way to add fruit and vegetables. Adding foods with protein also may help with hunger

- 12 oz tomato or V8 juice (try low sodium variety)
- Small piece of fresh fruit.
- Minibag (100 calorie bag) of LITE popcorn
- 3 cups of air popped popcorn, seasoned with parmesan cheese or garlic powder
- 6 whole wheat crackers and 1 ounce low-fat cheese like Laughing Cow or Mozzarella
- 6 oz. container of "lite" low fat Yogurt or Greek Yogurt
- Raw veggies with $\frac{1}{4}$ cup hummus
- $\frac{1}{4}$ cup low fat cottage cheese with $\frac{3}{4}$ cup of fresh berries or chopped fresh fruit
- $\frac{1}{2}$ sandwich with whole wheat bread with 1oz. lean meat or 2 tsp. peanut butter
- 2 Graham cracker squares and low fat cheese stick
- 100 calorie snack pack of nuts (any kind) or 2 tbsp. nuts
- 1 sugar free pudding snack or $\frac{1}{2}$ cup homemade sugar free pudding with 1tb. Cool whip
- 1 Fruit cup in light syrup or water
- 1 Granola bar or snack bar (read the label to stay under 20 grams of carbohydrate)
- 8-10 baked chips and salsa
- Sugar free jello with fruit added and 1 TBS cool whip