

Low Carb Foods and Snacks

ONE SERVING OF EACH OF THESE FOODS HAS 5 OR LESS GRAMS OF CARBS, SO BE SURE TO DOUBLE CHECK THE CARBS IF YOU HAVE MULTIPLE SERVINGS

😊 *Low calorie and low carb foods*

Miracle Whip
Mayonnaise
Salad Dressings
Cream Cheese
Sour cream

Try light versions of these favorites to decrease calories. Double check salad dressing labels for carb content.

😊 Tofu
😊 Chicken (no skin)
😊 Rotisserie turkey/deli Ham
😊 Tuna in Water
Egg
😊 Egg white
Bacon
😊 Turkey Bacon/Sausages
Sausages
Regular cheese
😊 Low fat cheese (Less than 3 grams of fat)
All nuts and seeds such as: almonds and sunflower seeds

Beef Jerky

😊 Salmon & turkey jerky
Sugar free drinks/Jell-O
😊 Salsa/chilies
😊 Mustard/Horseradish
😊 Pickles
Avocado
Peanut butter or other nut butter such as: almond butter, cashew butter, or sun butter.

Non-Starchy Veggies

😊 Celery, cucumbers, carrots, broccoli, cauliflower, asparagus, mushrooms, tomatoes, zucchini, spinach, Italian squash, jicama, artichokes, chayote
*Try these vegetables: grilled, sautéed, or with a low calorie dressing

Starchy Vegetables

Butternut squash, peas, potatoes/sweet potatoes, corn, lentils, beans, and pumpkin

½ cup of these vegetables = 15 grams of carb, 1 CHO

REMEMBER

↳ "LOW CARB" doesn't always mean "low in calories" so make sure to include more lean protein and vegetables.

Low carb foods and snacks

Here are some ideas to help you combine low carb foods and still have a delicious snack!

Lettuce Wraps

Instead of having a taco shell, try using lettuce as a wrap.

Fill it up with chicken, shredded cheese or tuna salad...

Remember to add lots of non-starchy veggies!

Tuna Boat

Cut red peppers in half, remove seeds (boat shape)

Fill with tuna salad (mixed with greek yogurt)
Options to consider: chopped celery, shredded carrots, onion, tomato or any non-starchy vegetables from the front page

Deli Wraps

Cheese wrapped in turkey or other deli meat

You can add avocado for more flavor and healthy fats!

Ants on a Log

Cut celery in half, then spread almond butter on top

Finish with sunflower seeds

Dip Ideas

Mix 2 tablespoons of plain yogurt with light sour cream and avocado, then add salt and pepper
OR you can add ranch or other dressing seasoning packages.

Other choices with less than 5 grams of carbs per serving:

Hot cocoa, diet "Swiss Miss"

Almond milk, unsweetened "Almond Dream/Almond Breeze"

Soy milk, plain unsweetened "365 Organic"

Soy milk, unsweetened "Silk"

Soy milk, natural "So nice"

Water, unsweetened lightly flavored "Dasani"

■ Product

■ Specifications

■ Brand