

Healthy Snacks

Try to include at least 2 food groups at a snack. Here are some examples:

- 1 small flavoured Greek Yogurt (~17g)
- 1 slice whole grain toast with peanut butter (or any nut butter) (~15g)
- 1 slice whole grain toast with cheese (~15g)
- 3 Ryvita crackers or 4 Melba Toast with cheese (~15g)
- 6 Triscuts with cheese (17g)
- 1 cup strawberries with 1 small flavoured Greek Yogurt (~30g)
- Granola bar (~15g check label) to look for <10g sugar, >2g fibre per bar)
- 1 apple and peanut butter (or any nut butter) (~15g) & sprinkle cinnamon
- Smoothie: ½ cup frozen berries, 1c unsweetened almond milk, ½ banana (~30g)
- Cottage cheese with 1 fruit (example: 1 cup melon or ½ medium mango) (~15g)
- ½ cup unsweetened almond milk and 1/3 rd cup all bran buds and ½ cup fruit (~22g)
- 1 fruit (example: 10 grapes or 2 small mandarins) and ¼ cup nuts (~15g)
- 3 Ryvita crackers or 4 melba toast with tuna or salmon (~15g)
- Avocado or guacamole with toast or 8 corn chips (~15g)
- 2 large rice cakes with peanut butter (~15g)
- 3 cups popcorn (~15g)
- No Added Sugar Pudding or Jello (may contain artificial sweeteners) (0-10g per serving)
- 2 digestive cookies (15g) / 3 Peak Freans Lifestyle cookies (20g)

Others _____

See back for Non-carb snack ideas!

Non Carbohydrate Snacks

- Carrot sticks, peppers, cucumber with hummus
- Veggies and ranch dip (any kind of dip or salad dressing)
- 1-2 baby bell cheese with vegetables
- Turkey sticks with cheese
- Sliced turkey or chicken wrapped in cheese
- 1 cup cottage cheese with cinnamon
- ¼ cup nuts (any kind)
- Hardboiled egg
- Cucumbers, tomatoes, chickpeas, salt, pepper, 1 tsp oil and spices
- Products with artificial sweeteners often contain no or little carbohydrates (Check labels)
- Others:
