

26 Low Carbohydrate Snacks

(about 15 grams of carbs)

Berries (about 1 cup) strawberries, blueberries, blackberries, raspberries with sugar free whipped cream	Cheese and whole grain crackers (The number of crackers you eat should equal around 15 grams of carbohydrates.) You can find this information on the package.
Celery sticks stuffed with a tablespoon of peanut butter, cream cheese or hummus	Vegetables with hummus (carbs will vary depending on the vegetables but 6 Tablespoons of hummus equals 12 – 13 grams of carbs
½ cup Sugar-Free pudding with sugar free whipped cream	½ cup Unsweetened apple sauce with a chunk of cheese
6 oz. Low Fat Greek Yogurt topped with berries and nuts	Apples and peanut butter (1 medium apple and 1 oz. of peanut butter
½ a fresh or frozen banana with a slice of cheese	1 cup raw baby carrots, cherry tomatoes and sliced cucumbers
String cheese or ¼ cup of nuts with strawberries/blueberries or 1/2 a banana	½ cup of cottage cheese with a few berries on top
1 hard boiled egg (Deviled eggs are also a quick and easy snack.)	1 slice toasted low carb bread/or wrap, turkey, chicken or tuna. Add veggies like tomatoes, cucumber, or onions
1 KIND Bar	Stuffed mushrooms (Carbs vary based on recipe but are generally low.)
6 Saltines and 1 slice of cheese/chicken/tuna or egg salad	½ cup cottage cheese with blueberries or sliced strawberries
2 rice cakes (4 inches) & peanut butter	Air-popped light) popcorn (About 3 cups)
• Beef jerky (1 ounce) and about 12 to 13 carrot sticks	¼ cup of pumpkin seeds
• Frozen grapes (7 total grapes) Grapes are high in sugar. Some diabetics can tolerate them, and some can't.	Almonds, peanuts, pistachios, walnuts or cashew nuts (1 ounce or 1/4 cup)