

Snack list (Limit Carbohydrate total to 15-20g)

When possible pair protein with carbohydrate

- 1 medium apple (~5 oz.- size of a tennis ball) sliced then topped with 1 Tablespoon peanut butter
- ½ sandwich with 1 oz. lunch meat (1 slice of bread)
- Reduced fat cheese and 1 small apple (tennis ball or smaller)
- 5 Triscuit crackers topped with 1 oz. reduced fat cheddar cheese (try Cabot 50% light)
- 5 Triscuit crackers (any whole grain crackers- limit to one serving) topped with 1 Tablespoon peanut butter
- 1 tablespoon nut butter on one slice of whole-grain toast or 1/2 whole-grain English muffin
- Apple or pear slices (5 oz./tennis ball size) with cinnamon and low-fat Greek yogurt
- Apple or pear slices (5 oz./ tennis ball size) with peanut butter, almond butter, or cashew butter (one tablespoon)
- 3 scrambled egg whites with spinach
- 1 serving of edamame with a sprinkle of Parmesan cheese
- Green salad with one tablespoon vinaigrette or one teaspoon olive oil and vinegar dressing
- 2 tablespoons hummus and carrots (or Other Non-Starchy Vegetable)
- Low-fat cottage cheese and 3/4 cup blueberries or strawberries
- 1 tablespoon peanut butter on celery

- Raw vegetables and one or two tablespoons dip (guacamole or bean dip)
- Smoked salmon on whole-grain crackers
- 1 tomato stuffed with one tablespoon low-fat tuna or egg salad
- Hard-boiled egg
- Soy chips/ Soy nuts
- String cheese
- Sunflower seeds (unsalted)
- Trail Mix (keep to one serving-single layer in palm of hand)
- ½ peanut butter sandwich (make with 1 slice whole wheat bread + 1 Tablespoon peanut butter)
- ¼ cup dried fruit and nut mix
- 1 cup tomato soup or veggie soup (not creamy)
- ½ toasted English muffin + 2 Tablespoons mashed avocado
- ¼ cup cottage cheese + ½ cup canned or fresh fruit
- 2 rice cakes (brown if possible) + 1 Tablespoon peanut butter

