

## Snack Ideas for Carb Counting

### 15-20 g total carbohydrate (about 1 carb serving)

1 cup blueberries and ¼ cup cottage cheese  
Apple slices (small apple) with 1 Tbsp nut butter  
1 granola bar (ex: Nature Valley®, Kashi®, Clif®)  
Small orange and 10 almonds  
1 quesadilla (small whole wheat tortilla and 1 oz shredded cheese)  
5 Triscuits® and 1 string cheese  
½ sandwich (1 slice whole grain bread and 1 ounce ham or turkey with mustard, lettuce and tomato)  
3 graham squares and 1 Tbsp nut butter  
15 corn chips and ¼ cup salsa  
½ c cup melon, 7 Wheat thins® and 1 oz low fat cheese  
1 cup Greek yogurt and 1 Tbsp sunflower seeds or pepitas (pumpkin seeds)  
15 pretzels and 2 Tbsp peanuts  
10 pita chips and 2 Tbsp hummus and 4 olives  
5 animal crackers and 4 oz skim or 1% milk  
3 cups popcorn sprinkled with 1 tsp parmesan cheese  
1 cup strawberries with 2 Tbsp fat free whipped topping  
1 whole grain waffle with 1 Tbsp peanut butter and cinnamon  
½ cup pudding sprinkled with 1 Tbsp almond slivers  
½ cup low fat ice cream sprinkled with 1 Tbsp chopped peanuts  
1 slice toast with 1 tsp soft tub margarine and 1 hard boiled egg  
1 small whole wheat tortilla roll-up filled with 1 Tbsp reduced fat cream cheese, chopped olives and cucumbers

### 30-35 g total carbohydrate (about 2 carb servings)

½ toasted whole grain English muffin with 1 oz low fat cheese and 1 cup skim or 1% milk  
Medium orange and 10 almonds  
1 cup Cheerios® and ½ cup milk  
1 sandwich (2 slices whole grain bread and 2 oz lean turkey)  
15 corn chips and 15 pretzels and 10 almonds  
15 Wheat thins®, 2 Tbsp raisins and 1 cheese stick  
½ whole wheat bagel and 2 Tbsp hummus with sliced cucumbers  
15 grapes, 5 Triscuits® and ½ cup carrot sticks with 1 Tbsp Ranch-style dressing  
½ banana with 1 Tbsp raisins and 1 Tbsp nut butter  
½ peanut butter and banana sandwich (1 slice bread, ½ banana and 1 Tbsp peanut butter)  
3 vanilla wafers and 1 cup skim or 1% milk  
1 carton Greek yogurt and ¼ cup granola  
10 cherries, 1 cup strawberries and 1 string cheese  
½ cup trail mix

### Need more substance or fiber? Add some of these choices

Celery sticks and cherry tomatoes  
Broccoli and cauliflower florets with 1 Tbsp Ranch-style dip  
Sliced cucumbers with 1 Tbsp hummus  
5 olives or pickles

