

SNACK IDEAS

Each of the snack ideas have about 15 grams of carb and most include a little protein or fat (or both) to help you feel full. While all the snack ideas are fairly low in calories (less than 200), if you're aiming for as few calories as possible, choose from the very-low-calorie category.



SOMETHING NOURISHING

Open face turkey sandwich
Low-fat Jack cheese (1 oz) melted on
½ whole wheat English muffin
Small carton Greek yogurt



SOMETHING SAVORY

5-6 Whole grain crackers with
1 Tbsp nut butter
20 Pretzel thin sticks dipped
in 1 Tbsp hummus
2 Cups popcorn, oil popped
10 Baked potato chips
and 1 Tbsp guacamole



SOMETHING PORTABLE

2 Clementines and a small handful
of almonds
Fruit n Nut bar (Kind*)
or Granola bar (Kashi*)
Snack cheese stick
plus small apple
Meal replacement shake (8 oz)



SOMETHING LOW-CARB

Turkey and cheddar roll-up
½ oz nuts (about 14 almonds or small
handful peanuts)
Turkey jerky (1 oz)
Sliced veggie spears with
2 Tbsp mashed avocado



SOMETHING LOW-CALORIE

Sliced veggie spears
Sugar-free popsicle
A cup of grape tomatoes
2 Dill pickle spears



SOMETHING HOT

Caffe Latte (12 oz) with low-fat milk
Cup of soup
Hot tea with toasted
English muffin half
Low-fat cheddar (1 oz) melted on 1
slice whole grain bread topped with
a tomato slice



SOMETHING COLD

1 Cup frozen blueberries
or 15 frozen grapes
Frozen yogurt bar (Yasso*)
Glass of cold milk (1 cup)



HELPFUL HINT: Thirsty? Drink zero calorie beverages such as water (sparkling or still), coffee, tea or diet drinks.

* Brand names shown are merely examples of products that have a good nutritional profile. My Weight- What To Know does not endorse any brand mentioned, and is not sponsored by any of these brands.