

Low Carb Snack List

These snack ideas are all low in carbohydrate, containing 0-5 grams per serving. Choosing these snacks will have little to no impact on your blood sugar, so they are a great option to keep you full throughout the day.

Dairy:

- ½ cup plain Greek yogurt with a sprinkle of cinnamon
- ½ cup cottage cheese
- 1 ounce cheese, such as mozzarella string cheese, cheddar cheese, sliced hard cheeses

Quick snacks:

- 1 ounce almonds
- 1 ounce peanuts
- 1 ounce mixed nuts

Vegetables with dip:

- 2 medium stalks celery with 1 tbsp peanut butter or with 2 tbsp hummus
- ½ cup sliced cucumber with light ranch dressing

Eggs:

- 1 hard-boiled egg
- 1 scrambled egg with 1 tbsp shredded cheese
- 1 deviled egg

Salads

- ½ cup tuna salad - canned light tuna with mayo, seasonings
- ½ cup chicken salad – diced chicken breast, celery, and carrot with mayo, seasonings
- ½ cup egg salad (hard-boiled egg with mayo, pepper, paprika, salt, spices)
 - All of the salads can be eaten simply from a bowl or may be wrapped in a large lettuce leaf as a wrap alternative