

5 G SNACK IDEAS

1 Sting Cheese

**1 cup cucumber
with 1
tablespoon
ranch dressing**

**1 oz. Zero Sugar
Beef Jerky
(Tillamook,
Jacks, Jack's
Beef stick
original**

**1/4 cup fresh
blueberries**

**1/2 cup low-fat
cottage cheese**

**5 celery sticks
with nut butter
(peanut,
almond,
cashew)**

**1 hard-boiled
egg**

**1 frozen sugar-
free popsicle**

**1 mini Babybel
cheese**

**5 cherry
tomatoes with 1
tablespoon
ranch dressing**

**1/2 cup sugar-
free gelatin**

**1 cup light
popcorn**

**1 mini Babybel
cheese with
crackers**

**5 carrots with 1
tablespoon
ranch dressing**

**1/4 of a whole
avocado**

16 green olives

15 G SNACK IDEAS

4 peanut butter cracker sandwiches

1 small piece of fruit

1/2 sandwich on whole wheat bread (turkey, chicken, tuna, or peanut butter)

1 oz. trail mix

1/2 apple with 2 tablespoons nut butter

1/2 cup fresh fruit with cottage cheese

1 cup of berries

1 cup tomato soup with 10 goldfish crackers

3 tablespoons hummus with 6 whole wheat crackers

1/2 cup roasted chickpeas

One 4 inch waffle with nut butter

8 animal crackers

Quesadilla (One 6 inch tortilla with 1/4 cup cheese) with 2 tablespoons salsa

3 graham cracker squares with 1 tablespoon nut butter

3/4 oz pretzels

1 scrambled egg with 1 slice of toast

15 G SNACK IDEAS

1/2 cup
unsweetened
applesauce

1 small piece of
40 goldfish
crackers

1 cup sugar-
free pudding

5-6 vanilla wafers

1 mini box of
raisins

6 saltine
crackers

3 cups light
popcorn

1/2 english
muffin with 2
tablespoons of
avocado or 1
tablespoon
cream cheese

1/2 cup baked
sweet potato

One 3/4 oz
granola bar

3 tablespoons
hummus and 6
Triscuits

1 tablespoon
cream cheese
on 1 full graham
cracker and top
with 5 halved
grapes

1 tablespoon
dried
cranberries & 1
tablespoon
almonds with 6
oz of plain fat-
free Greek
yogurt.

small pear and
a light cheese
stick

Dip 1/2 a red
bell pepper and
a 1/2 cup of
carrot sticks in
1/4 cup
guacamole.

3/4 cups lightly
salted
edamame

30 G SNACK IDEAS

Yogurt parfait
(1/2 cup light
yogurt and 1/2
cup berries or 2
tablespoons
granola)

1 cup
unsweetened
cereal with 3/4
cup low-fat milk

1/2 cup cooked
oatmeal with 1/4
cup of berries

1 small banana
with 1 tablespoon
nut butter

1 cup milk with 1
small piece of
fruit

English muffin
pizza (1 muffin, 2
tablespoons
pizza sauce, 1/4
cup cheese)

1/2 cup macaroni
and cheese

1/2 cup potato
salad

Tuna, chicken, or
egg salad with 10
whole wheat
crackers

15 tortilla chips
with 1/4 cup of
salsa

3 graham
cracker squares
with regular or
strawberry
cream cheese
and 1/4 cup
sliced
strawberries

1/2 cup trail mix

1 cup low-fat
cottage cheese
with 1 small piece
of fruit

1 cup of soup
with 12 wheat
thins

1 pita with 1/2 oz
deli meat and 1
slice of cheese

1/2 cup regular
pudding