

MY LOW CARB SNACKS

When we are hungry, we often snack on food that is the closest within reach. Brainstorm ideas of foods that have no or low carbs. Fill in each box with a no or low carb snack. Put the number of carbs each snack has. Keep this list in the kitchen or pantry so you can look at it when choosing a snack.

G CARBS

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LOW CARB SNACKS

Swapping out high carb foods for healthier low carb foods is a great way to nourish your body. **Circle the foods you like using a red marker.** Circle the foods you have never tried with a blue marker.

CUCUMBERS

TOMATOES

SARGENTO- THIN SLICED
40 CALORIE CHEESE

EGGS-HARD BOILED,
SCRAMBLED, OVER EASY

PEPPERS

LUNCH MEAT SLICES-
HAM, TURKEY, CHICKEN,
ROAST BEEF

SUGAR FREE JELLO

4.5% FAT COTTAGE CHEESE

CARB MASTER YOGURT

SALSA (1/4 CUPS) &
EXTREME WELLNESS
TORTILLA

HOT DOGS