

**HEALTHY, LOWER-CARBOHYDRATE SNACKS
(0-5 gram carbohydrate)**

Raw vegetables (1 cup) - baby carrots, cherry tomatoes, green beans, pepper strips, radishes, celery, cucumber, jicama, or other non-starchy vegetable choices, with 1-2 Tbsp low-fat salad dressing, or 1-2 Tbsp hummus

Greek nonfat or lowfat yogurt (6 oz)

Sugar-free gelatin

Sugar-free popsicles

2 Tbsp unsalted nuts

2 Tbsp guacamole or ¼ sliced avocado, 2 tortilla chips

1 oz. nonfat or lowfat cheese and 2 small whole grain crackers, or 3 tortilla chips

Skim-milk mozzarella string cheese

Sliced turkey rolled up in a lettuce leaf

6 medium or 3 large strawberries

1 small plum

