



Low Carbohydrate Snack Ideas

Hard-boiled egg(s)

Mozzarella string cheese

Snack Veggie Box with Ranch Dressing

Sliced Deli Meat (Turkey or Ham)

Tuna Salad

Guacamole

Peanut Butter

Almonds

Side Salad w/ Ranch

Vegetable sandwich toppings (sliced tomato,

lettuce, sliced red onion)

Bacon strips

Diet Tropical Jello

Beverages: Iced Tea, Sparkling Water

Food	Serving Size	Carbohydrate	Fiber	Grams to Dose
Hard-boiled egg(s)	2 eggs	2 gm	0 gm	2 gm
Mozzarella string cheese	1 ounce/1 stick	1 gm	0 gm	1 gm
Snack Veggie Box with Ranch Dressing	1 each	13 gm	6 gm	7 gm
Sliced Deli Meat (Turkey or Ham)	4 slices	4 gm	<1 gm	4 gm
Tuna Salad	½ cup	3 gm	0 gm	3 gm
Guacamole	2 tbsp	2 gm	<1 gm	2 gm
Peanut Butter	1 tbsp	3 gm	1 gm	2 gm
Almonds	1 ounce (23 whole)	6 gm	3 gm	3 gm
Side Salad w/ Ranch	1 each	4 gm	1.5 gm	2.5 gm
Diet Tropical Jello	1 each	5 gm	0 gm	5 gm
Vegetable sandwich toppings (sliced tomato, lettuce, sliced red onion)	1 each	3 gm	1 gm	2 gm
Bacon strips	2 each	0.2 gm	0 gm	0 gm