

Low-Carb Snack Ideas

There are lots of snacks that are tasty and low in carbohydrates, or carbs. Here is a list of snacks that are yummy and low in carbs!

- 1 cheese stick



- ½ cup of cottage cheese with chives

- 1 stick (1 ounce) of beef jerky or turkey jerky

- 2-3 slices of rolled deli meat, like turkey or ham

- 1-2 ounces of tuna salad, chicken salad or egg salad on a slice of tomato



- 1 hardboiled egg



- 1 celery stick with 1 tablespoon (1 scoop the size of your thumb) of peanut butter



- ½ of a cucumber with 2 tablespoons (2 scoops the size of your thumb) of hummus or light salad dressing

- ½ cup of sliced raw carrots, peppers and cucumbers with 1-2 tablespoons of light salad dressing



- 1 cup of plain popcorn

- 1 ounce (1 handful) of nuts



- ½ cup of sugar-free Jell-O®

- 1 sugar-free Popsicle®

Did you know?

A snack or food is *low carb* if it has 5 grams of carbs per serving or fewer. Each of these snacks has 5 grams of carbs or fewer per serving!