Low Carb Foods and Snacks

Tofu
Chicken (no skin)
Rotisserie turkey/deli ham
Tuna in water
Egg
Egg white
Bacon
Turkey Bacon/Sausages
Sausages
Regular cheese
Low fat cheese (Less than 3 grams of fat)

- Beef Jerky
- Salmon & turkey jerky
- Sugar free drinks/Jell-O
- Salsa/chilies
- Mustard/Horseradish
- Pickles
- Avocado
- Peanut butter or other nut butter such as: almond butter, cashew butter, or sun butter.

Non-Starchy Veggies
- Celery, cucumbers, carrots, broccoli, cauliflower, asparagus, mushrooms, tomatoes, zucchini, spinach, Italian squash, jicama, artichokes, chayote
  *Try these vegetables: grilled, sautéed, or with a low calorie dressing

Starchy Vegetables
- Butternut squash, peas, potatoes/sweet potatoes, corn, lentils, beans, and pumpkin

ONE SERVING OF EACH OF THESE FOODS HAS 5 OR LESS GRAMS OF CARBS, SO BE SURE TO DOUBLE CHECK THE CARBS IF YOU HAVE MULTIPLE SERVINGS

Low calorie and low carb foods

Miracle Whip
Mayonnaise
Salad Dressings
Cream Cheese
Sour cream

Try light versions of these favorites to decrease calories. Double check salad dressing labels for carb content.


"LOW CARB" doesn't always mean "low in calories" so make sure to include more lean protein and vegetables.

REMEMBER
Here are some ideas to help you combine low carb foods and still have a delicious snack!

**Low carb foods and snacks**

**Lettuce Wraps**

Instead of having a taco shell, try using lettuce as a wrap.

Fill it up with chicken, shredded cheese or tuna salad...

Remember to add lots of non-starchy veggies!

**Deli Wraps**

Cheese wrapped in turkey or other deli meat

You can add avocado for more flavor and healthy fats!

**Tuna Boat**

Cut red peppers in half, remove seeds (boat shape)

Fill with tuna salad (mixed with greek yogurt)

Options to consider: chopped celery, shredded carrots, onion, tomato or any non-starchy vegetables from the front page

**Ants on a Log**

Cut celery in half, then spread almond butter on top

Finish with sunflower seeds

**Dip Ideas**

Mix 2 tablespoons of plain yogurt with light sour cream and avocado, then add salt and pepper OR you can add ranch or other dressing seasoning packages.

Other choices with less than 5 grams of carbs per serving:

- Hot cocoa, diet “Swiss Miss”
- Almond milk, unsweetened “Almond Dream/Almond Breeze”
- Soy milk, plain unsweetened “365 Organic”
- Soy milk, unsweetened “Silk”
- Soy milk, natural “So nice”
- Water, unsweetened lightly flavored “Dasani”

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