

## **dLife's BEST Low Carb Snack List!**

*Note: GL\* and GI\*\* values are included where available for each snack food. A GL of 10 or lower is considered low; a GI of 55 or lower is considered low.*

### **DAIRY**

*Full-fat (4%) cottage cheese:*

Serving Size: ½ Cup; Carbs: 6 g; Fiber: 0 g; Calories: 120; GL: 4; GI: n/a

*Hard boiled eggs:*

Serving Size: 1 Egg; Carbs: <1 g; Fiber: 0 g; Calories: 78; GL: 1; GI: n/a

*Whole-milk yogurt, plain:*

Serving Size: 6 oz; Carbs: 8 g; Fiber: 0 g; Calories: 104; GL: 6; GI: 35

*Cream cheese:*

Serving Size: 1 tbsp; Carbs: 1 g; Fiber: 0 g; Calories: 50; GL: 0; GI: n/a

### **CHEESES**

*Mozzarella String Cheese:*

Serving Size: 1 stick (1 oz); Carbs: <1 g; Fiber: 0 g; Calories: 80; GL: 1; GI: n/a

*Swiss Cheese:*

Serving Size: 1 slice (1 oz); Carbs: 1.5 g; Fiber: 0 g; Calories: 106; GL: 1; GI: n/a

*Provolone Cheese:*

Serving Size: 1 slice (1 oz); Carbs: <1 g; Fiber: 0 g; Calories: 98; GL: 0; GI: n/a

*Cheddar Cheese:*

Serving Size: 1 slice (1 oz); Carbs: <1 g; Fiber: 0 g; Calories: 104; GL: 0; GI: n/a

### **MEAT/FISH (buy all-natural, nitrate-free lunch meats whenever possible)**

*Sliced turkey breast:*

Serving Size: 1 slice; Carbs: 1 g; Fiber: 0 g; Calories: 22; GL: 1; GI: n/a

*Sliced ham:*

Serving Size: 1 slice; Carbs: 1 g; Fiber: 0.5 g; Calories: 46; GL: 0; GI: n/a

**(Next)**

## **dLife's BEST Low Carb Snack List!, Continued**

*Sliced bologna:*

Serving Size: 1 slice; Carbs: 1.1 g; Fiber: 0 g; Calories: 88; GL: 1; GI: n/a

*Sliced salami:*

Serving Size: 1 slice; Carbs: 0.5 g; Fiber: 0 g; Calories: 67; GL: 0; GI: n/a

*Sliced roast beef:*

Serving Size: 2 thin slices; Carbs: 0 g; Fiber: 0 g; Calories: 138; GL: 0; GI: n/a

*Tuna salad:*

Serving Size: ½ cup; Carbs: 9.5 g; Fiber: 0 g; Calories: 191.5; GL: 5; GI: n/a

*Canned salmon:*

Serving Size: ½ can; Carbs: 0 g; Fiber: 0 g; Calories: 125; GL: 0; GI: n/a

### **FRUIT**

*Apple:*

Serving Size: 1 small; Carbs: 21 g; Fiber: 4 g; Calories: 77; GL: 4; GI: 38

*Raspberries:*

Serving Size: 1 cup; Carbs: 15 g; Fiber: 8 g; Calories: 64; GL: 3; GI: n/a

*Blackberries:*

Serving Size: 1 cup; Carbs: 15 g; Fiber: 8 g; Calories: 62; GL: 4; GI: n/a

*Pear:*

Serving Size: 1 medium; Carbs: 20 g; Fiber: 4.5 g; Calories: 100; GL: 5; GI: 38

*Avocado:*

Serving Size: 1 medium; Carbs: 17 g; Fiber: 11 g; Calories: 322; GL: 4; GI: n/a

*Cantaloupe:*

Serving Size: 1 cup, cubed; Carbs: 14.1 g; Fiber: 1.4 g; Calories: 54; GL: 4; GI: 65

*Honeydew:*

Serving Size: 1 cup, cubed; Carbs: 14.6 g; Fiber: 1.3 g; Calories: 58; GL: 4; GI: n/a

*Strawberries:*

Serving Size: 1 cup, sliced; Carbs: 12.8 g; Fiber: 3.3 g; Calories: 53; GL: 3; GI: 40

**(Next)**

## **dLife's BEST Low Carb Snack List!, Continued**

*Plum:*

Serving Size: 1 medium; Carbs: 7.5 g; Fiber: 1 g; Calories: 30; GL: 2; GI: 29

*Peach:*

Serving Size: 1 medium; Carbs: 10 g; Fiber: 1.5 g; Calories: 38; GL: 4; GI: 42

*Kiwi (without skin):*

Serving Size: 1 medium; Carbs: 11.2 g; Fiber: 2.3 g; Calories: 46; GL: 3; GI: 53

*Cherries:*

Serving Size: 1 cherry; Carbs: 1.3 g; Fiber: .2 g; Calories: 5; GL: 0; GI: 63

### **VEGETABLES**

*Broccoli:*

Serving Size: 1 cup; Carbs: 6 g; Fiber: 2 g; Calories: 30; GL: 3; GI: n/a

*Celery:*

Serving Size: 2 medium stalks; Carbs: 2.5 g; Fiber: 1 g; Calories: 6; GL: 1; GI: n/a

*Carrots:*

Serving Size: ½ cup; Carbs: 6 g; Fiber: 2 g; Calories: 28; GL: 2; GI: 39

*Chopped Endive:*

Serving Size: ½ Cup; Carbs: 1 g; Fiber: 1 g; Calories: 4; GL: 0; GI: n/a

*Sliced Green Peppers:*

Serving Size: ½ cup; Carbs: 2 g; Fiber: 1 g; Calories: 9; GL: 1; GI: n/a

*Sliced Red Peppers:*

Serving Size: ½ cup; Carbs: 2.8 g; Fiber: 1 g; Calories: 12; GL: 1; GI: n/a

*Sliced Radishes:*

Serving Size: ½ cup; Carbs: 2 g; Fiber: 1 g; Calories: 9; GL: 1; GI: n/a

*Snap Peas:*

Serving Size: ½ cup; Carbs: 2.5 g; Fiber: 1 g; Calories: 13; GL: 2; GI: n/a

*Green Beans:*

Serving Size: ½ cup; Carbs: 4 g; Fiber: 2 g; Calories: 17; GL: 1; GI: n/a

**(Next)**

## **dLife's BEST Low Carb Snack List!, Continued**

*Edamame (out of pod):*

Serving Size: 1 cup; Carbs: 15 g; Fiber: 8 g; Calories: 150; GL: 4; GI: n/a

*Jicama:*

Serving Size: ½ cup; Carbs: 5.7 g; Fiber: 3.2 g; Calories: 25; GL: 2; GI: n/a

*Fennel:*

Serving Size: ½ cup; Carbs: 3.2 g; Fiber: 1.3 g; Calories: 13; GL: 2; GI: n/a

### **NUTS/NUT BUTTERS**

*Almonds:*

Serving Size: ¼ cup; Carbs: 7.75 g; Fiber: 4.25 g; Calories: 205; GL: 0; GI: n/a

*Peanuts:*

Serving Size: ¼ cup; Carbs: 5.8 g; Fiber: 3.1 g; Calories: 207; GL: 2; GI: 23

*Walnuts:*

Serving Size: 1 oz; Carbs: 4 g; Fiber: 2 g; Calories: 185; GL: 0; GI: n/a

*Macadamias:*

Serving Size: ¼ cup; Carbs: 4.75 g; Fiber: 3 g; Calories: 240.5; GL: 0; GI: n/a

*Chopped Pecans:*

Serving Size: ¼ cup; Carbs: 3.75 g; Fiber: 2.5 g; Calories: 188; GL: 0; GI: 10

*Hazelnuts:*

Serving Size: ¼ cup; Carbs: 4.75 g; Fiber: 2.75 g; Calories: 180.5; GL: 0; GI: n/a

*Cashews:*

Serving Size: 1 ounce; Carbs: 9 g; Fiber: 1 g; Calories: 155; GL: 3; GI: 22

*Pistachios:*

Serving Size: ¼ cup; Carbs: 8.6 g; Fiber: 3g; Calories: 171.25; GL: 1; GI: n/a

*Soy Nuts, Dry-Roasted:*

Serving Size: ¼ cup; Carbs: 14.1 g; Fiber: 3.5g; Calories: 194; GL: 4; GI: n/a

*Peanut Butter:*

Serving Size: 1 Tbs.; Carbs: 3 g; Fiber: 1 g; Calories: 94; GL: 0; GI: n/a

**(Next)**

## **dLife's BEST Low Carb Snack List!, Continued**

### *Cashew Butter:*

Serving Size: 1 Tbs.; Carbs: 4.4 g; Fiber: <1 g; Calories: 94; GL: 0; GI: n/a

### *Almond Butter:*

Serving Size: 1 Tbs.; Carbs: 3.4 g; Fiber: 0.6 g; Calories: 101; GL: 0; GI: n/a

### *Macadamia Butter:*

Serving Size: 1 Tbs.; Carbs: 2g; Fiber: 1.5 g; Calories: 115; GL: 0; GI: n/a

## **SEEDS**

### *Sunflower:*

Serving Size: ¼ cup; Carbs: 2 g; Fiber: 1.25 g; Calories: 65.5; GL: 0; GI: n/a

### *Pumpkin:*

Serving Size: ¼ cup; Carbs: 6 g; Fiber: 1 g; Calories: 186.75; GL: 0; GI: n/a

## **CRACKERS/POPCORN**

### *Triscuits®:*

Serving Size: 6 crackers (28 g); Carbs: 19 g; Fiber: 3 g; Calories: 120; GL: 6; GI: 70

### *Wasa® Whole Grain Crispbread:*

Serving Size: 1 slice (12 g); Carbs: 10 g; Fiber: 2 g; Calories: 45; GL: 6; GI: 60-80

### *Popcorn:*

Serving Size: 2 cups (18 g); Carbs: 12 g; Fiber: 2 g; Calories: 62; GL: 7; GI: 72

## **MISCELLANEOUS**

### *Pickles:*

Serving Size: 1 small pickle; Carbs: 1.7 g; Fiber: 0.4 g; Calories: 7; GL: 1; GI: n/a

### *Beef Jerky:*

Serving Size: 1 large piece; Carbs: 2 g; Fiber: 0 g; Calories: 82; GL: 1; GI: n/a

### *Hummus:*

Serving Size: 1 Tbs.; Carbs: 2 g; Fiber: 1 g; Calories: 23; GL: 1; GI: 6

### *Large Olives:*

Serving Size: 1 ounce (about 7); Carbs: 2 g; Fiber: 1 g; GL: 0; GI: n/a

**(Next)**

## **dLife's BEST Low Carb Snack List!, Continued**

### *Dark chocolate:*

Serving Size: 3 truffles; Carbs: 15 g; Fiber: 1 g; Calories: 220; GL: 9; GI: 41

\* *GL (glycemic load) values estimated from NutritionData.com*

\*\* *GI (glycemic index) values from The New Glucose Revolution: Shopper's Guide to GI Values 2010 by Dr. Jennie Brand-Miller, Kaye Foster-Powell*

## **SNACK COMBINATIONS – NUTRITION FACTS**

### *Peanut Butter and Celery:*

Serving Size: 2 small stalks celery and 1 tbsp peanut butter  
Carbs: 5 g; Fiber: 2 g; Calories: 100

### *Sliced Pear and Almonds:*

Serving Size: ½ medium pear and 6 almonds  
Carbs: 15 g; Fiber: 3 g; Calories: 92

### *Carrots and Almond Butter:*

Serving Size: 4 baby carrots and 1 tbsp almond butter  
Carbs: 7 g; Fiber: 2 g; Calories: 125

### *Cottage Cheese and Raspberries:*

Serving Size: ½ cup cottage cheese and ½ cup raspberries  
Carbs: 5 g; Fiber: 4 g; Calories: 103

### *Tomato and Mozzarella:*

Serving Size: 2 medium slices of tomato and 2 slices of mozzarella  
Carbs: 3 g; Fiber: 0.5 g; Calories: 150

### *Red Peppers and Hummus:*

Serving Size: ½ cup sliced red bell peppers and 1 tbsp hummus  
Carbs: 7.5 g; Fiber: 3 g; Calories: 47

### *Whole Wheat Crackers and Peanut Butter:*

Serving Size: 3 Triscuits® and 1tbsp peanut butter  
Carbs: 13 g; Fiber: 3 g; Calories: 154

### *Sugar-free JELL-O with Sugar-free Cool Whip:*

Serving Size: 6 oz of JELL-O and 2 tbsp of Cool Whip  
Carbs: 3 g; Fiber: 0 g; Calories: 35

**(Next)**

## **dLife's BEST Low Carb Snack List!, Continued**

### *Peanut Butter and Apple Slices:*

Serving Size: 1 tbsp peanut butter and ½ medium apple (sliced)

Carbs: 16 g; Fiber: 3.2 g; Calories: 141

### *Kiwi with Almonds:*

Serving Size: 1 medium kiwi (sliced) and 6 almonds

Carbs: 12.6 g; Fiber: 3.1 g; Calories: 88

### *Cheese and Apple Slices:*

Serving Size: ½ medium apple (sliced) and 2 1-inch cubes of cheddar cheese

Carbs: 13.3 g; Fiber: 2.2 g; Calories: 106

### *Cottage Cheese with Almonds:*

Serving Size: ½ cup low-fat cottage cheese and 6 almonds

Carbs: 4.5 g; Fiber: 0.8 g; Calories: 123

### *Crispbread with Avocado:*

Serving Size: 1/2 Crispbread slice and ¼ avocado (mashed)

Carbs: 9.2 g; Fiber: 4.3 g; Calories: 102

### *Celery with Tuna Salad:*

Serving Size: 2 medium celery sticks and ¼ cup tuna salad

Carbs: 7.5 g; Fiber: 1.3 g; Calories: 107 