

## SNACK IDEAS

*(Always remember to journal all snacks!)*

- ❖ Nuts—Almonds, Chestnuts
- ❖ Cottage Cheese, Low Fat
- ❖ Pork Rinds (use sparingly due to sodium content)
- ❖ Tuna – 25 g protein/can
- ❖ Lentils – 18 g protein/cup; watch calories ~230 cal
- ❖ Lunch Meat Rolls made with Light Cream Cheese
- ❖ Hard Boiled Eggs
- ❖ Shrimp with Cocktail Sauce
- ❖ Pepperoni (Turkeyroni)
- ❖ Pepperoni Chips – Microwave until crisp, enjoy with cheese or low carb dip
- ❖ Edamame – 11 g protein in ½ cup
- ❖ Celery with Tuna Salad
- ❖ Smoked Salmon with Cream Cheese on Cucumber Slices
- ❖ Jerky, Beef or Turkey (low sugar variety) (use sparingly due to sodium content)
- ❖ Protein Bars / Shakes / Snacks (See information below)
  - Protein Shakes (Mix with water only) Nutritional Ratio needs to follow guidelines of:  
Per 15 g of Protein, < 1 tsp sugar and less than 100 calories.
    - Brands Available at Dr. Swindler’s Office
    - Atkins
    - Whey Protein
    - Slimfast (Use only low carb)
  - Protein Bars (NOT FOR BREAKFAST, No more than 2/day)  
Nutritional Ratio needs to follow guidelines of:  
Per 15 g of Protein, less than or equal to 150 calories, and less than or equal to 3 tsp of Sugar.
  - Protein Snacks (Available at Dr. Swindler’s Office)  
Puddings   Salt and Vinegar Chips   Chocolate Balls   Taco Cheese Bites   Chocolate Mini-Crisps   Sour Cream Bites   Fruit Drinks   Garlic and Parsley Bites   Fruit Teas   Hot Chocolates
- ❖ Yogurt (Best are Kroger’s Carb Master, Dannon’s Light & Fit, Greek Yogurt)
- ❖ Cheese, Low Fat -- Sticks, Cubes or Slices
- ❖ Dill Pickles with Cheddar Cheese
- ❖ Raw Veggies – Carrots   Celery   Bell Peppers   Etc.
- ❖ Best Fruits – Raspberries   Strawberries   Kiwi   Blackberries   Rhubarb  
(1 c = 1.5 tsp sugar)   (1 c = 1.5 tsp)   1 c = 2 tsp   (1 c = 2 tsp)   (1 c = ½ tsp)
- Casaba Melon   Papaya   Watermelon   Nectarine   Grapefruit  
(1 c = 2tsp)   (1 c = 2.5 tsp)   (1 c = 2.1 tsp)   (1 c = 2.5 tsp)   (1 med pink or red, 2.1 tsp)
- ❖ Sunflower Seeds
- ❖ Lite Rice Cakes
- ❖ Gelatin Snacks (sugar free)
- ❖ Salads (pre-made from grocery)