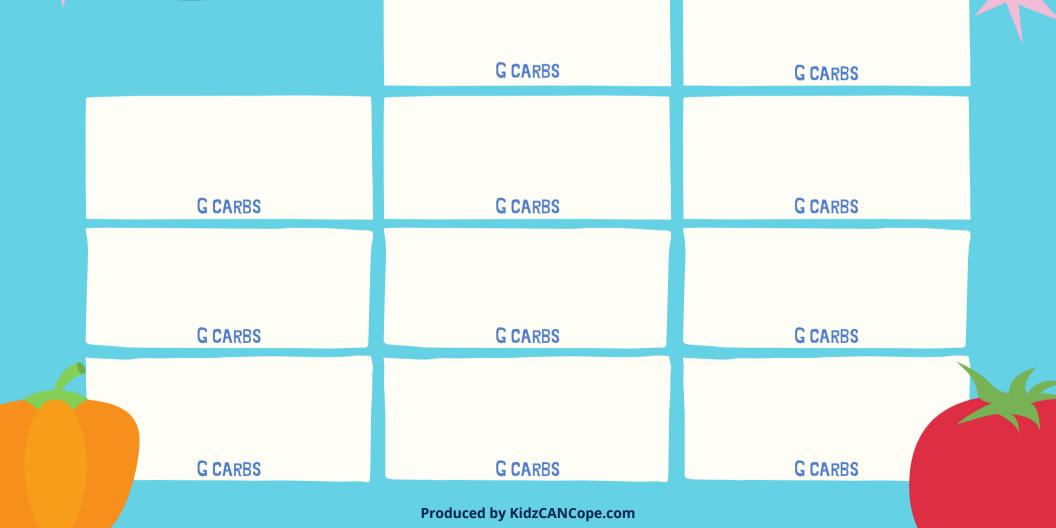
MY Low Carb SNACKS

When we are hungry, we often snack on food that is the closest within reach. Brainstorm ideas of foods that have no or low carbs. Fill in each box with a no or low carb snack. Put the number of carbs each snack has. Keep this list in the kitchen or pantry so you can look at it when choosing a snack.



LOW CARB SNACKS

Swapping out high carb foods for healthier low carb foods is a great way to nourish your body. Circle the foods you like using a red marker. Circle the foods you have never tried with a blue marker.

TOMATOES CUCUMBERS SARGENTO- THIN SLICED EGGS-HARD BOILED. **PEPPERS** 40 CALORIE CHEESE SCRAMBLED, OVER EASY LUNCH MEAT SLICES-HAM, TURKEY, CHICKEN, **SUGAR FREE JELLO** 4.5% FAT COTTAGE CHEESE **ROAST BEEF** SALSA (1/4 CUPS) & HOT DOGS CARB MASTER YOGURT **EXTREME WELLNESS** TORTILLA Produced by KidzCANCope.com