

Healthy Snacking List (10-15g carbohydrate)

This is for informational purposes, please check your blood sugars before and after snacking and consult your doctor/nutritionist when needed

Cucumber with Cottage Cheese

Serving: 100g cucumber + 50g cottage cheese

Carbohydrates: 10g (cucumber: 4g, cottage cheese: 6g)

Protein & Fat: Cottage cheese adds protein and fat to balance the snack.

Blueberries with Greek Yogurt

Serving: 50g blueberries + 100g Greek yogurt

Carbohydrates: 12g (blueberries: 10g, yogurt: 2g)

Protein & Fat: Greek yogurt provides protein and fat.

Avocado and Boiled Egg

Serving: Half an avocado (75g) + 1 boiled egg

Carbohydrates: 10g (avocado: 10g, egg: 0g)

Protein & Fat: Egg provides protein and fat.

Masala Spiced Roasted Chickpeas

Serving: 30g roasted chickpeas

Carbohydrates: 12g

Protein & Fat: Chickpeas add protein; roasting with olive oil adds fat

Cheese Sticks with a Small Apple

- Serving: 1 cheese stick + 1/2 small apple (50g)
- Carbohydrates: 13g (apple: 8g, cheese: 5g)
- Protein & Fat: Cheese provides protein and fat.

Peanut Butter with Celery Sticks

- Serving: 2 tbsp peanut butter + 4 celery sticks
- Carbohydrates: 10g (peanut butter: 8g, celery: 2g)
- Protein & Fat: Peanut butter adds both fat and protein.

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Now!*



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Greek Yogurt with Chia Seeds

- Serving: 100g Greek yogurt + 1 tsp chia seeds
- Carbohydrates: 10g (yogurt: 7g, chia seeds: 3g)
- Protein & Fat: Yogurt and chia seeds provide protein and healthy fats.

Cottage Cheese with Cherry Tomatoes

- Serving: 100g cottage cheese + 6 cherry tomatoes
- Carbohydrates: 12g (cottage cheese: 6g, tomatoes: 6g)
- Protein & Fat: Cottage cheese provides protein and fat.

Olives and Cheese

- Serving: 10 green olives + 25g feta cheese
- Carbohydrates: 4g (olives: 2g, cheese: 2g)
- Protein & Fat: Olives and cheese are rich in fats and protein.

Guava with Cottage Cheese

- Serving: Half a small guava (50g) + 50g cottage cheese
- Carbohydrates: 14g (guava: 8g, cottage cheese: 6g)
- Protein & Fat: Cottage cheese balances the snack with protein and fat.

Cashews and Dried Mango

- Serving: 20g cashews + 10g dried mango
- Carbohydrates: 14g (dried mango: 9g, cashews: 5g)
- Protein & Fat: Cashews add protein and fat.

Avocado and Biltong

- Serving: 50g avocado + 30g biltong (air-dried meat)
- Carbohydrates: 9g (avocado: 9g, biltong: 0g)
- Protein & Fat: Biltong is high in protein, and avocado adds healthy fat.