

NUT-FREE, LOW-CARB SNACK IDEAS FOR SCHOOL

~5 grams of carbs or less

- 1 cup snap peas and a hard-boiled egg
- Seaweed-wrapped avocado or cucumber
- Celery and cucumber sticks with hummus
- Mini charcuterie board with pickles, cheese, olives, and a pepperoni stick
- 1 sliced bell pepper with 1 Tbsp dressing
- Cucumber slices with cheese
- $\frac{1}{4}$ cup fresh blueberries
- 1 cheese string stick or Mini Babybel® cheese
- 1 cup cucumber and celery with homemade guacamole
- $\frac{1}{2}$ avocado with balsamic vinegar
- Cucumber slices with ham
- Canned, smoked or fresh fish
- Pizza Bites (pepperoni, tomato sauce, cheese, tomato slice)
- Caprese salad with tomato, mozzarella, basil and balsamic vinegar
- Boiled egg with cherry tomatoes

~10 grams of carbs or less

- 1 cup of strawberries, raspberries or blackberries with $\frac{1}{4}$ cup pumpkin seeds
- $\frac{1}{2}$ of a small apple with cheese
- Beef or turkey jerky (check label)
- $1\frac{1}{2}$ cups of air-popped popcorn with toppings like vinegar/olive oil with chili powder or smoked paprika
- 1 cup edamame in pods
- Cheese, pepperoni stick and 5 whole-wheat Good Thins®
- 4 whole-wheat Ritz® crackers with cheese
- 10 grapes with cheese cubes
- $\frac{1}{3}$ - $\frac{1}{2}$ cup plain Greek yogurt + $\frac{1}{2}$ cup raspberries
- Hardboiled egg on 2 whole-grain Wasa® crackers or 2 whole-grain Ryvita® crackers
- $\frac{1}{2}$ cup cottage cheese + $\frac{1}{2}$ cup raspberries, blackberries, or strawberries