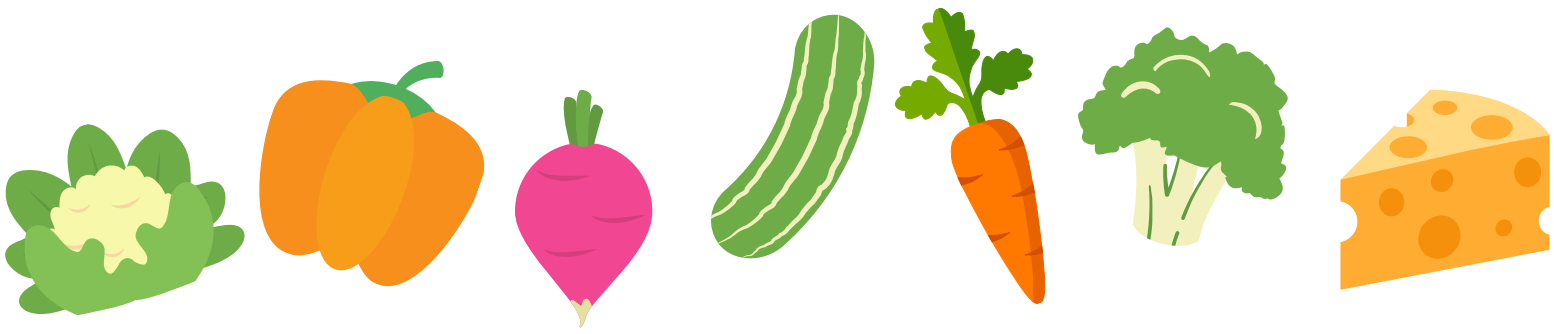
Children's National

Carb Free Snacks

- Cheese and deli meat roll up
- Non-starchy Veggies and Guacamole single serve
- Non-starchy veggies with laughing cow cheese
- Celery with 2 tablespoon natural peanut butter
- Cucumber slices with laughing cow or cream cheese
- Salami, cheese, and veggies
- Pepperoni
- Peppers, broccoli, cherry tomatoes, carrots
- Pickles
- 1 Cup popped popcorn (4g)
- 14 goldfish= 5g
- 10 pretzel goldfish= 5g
- Unsweetened coconut flakes
- Deli meat, cream cheese wrapped around a pickle spear
- Olives
- String cheese or cheese cubes
- 1 string cheese and 1/4 cup nuts
- Hardboiled eggs
- Breakfast egg "cups"- https://tasty.co/recipe/egg-breakfast-cups
- Scrambled eggs with cheese
- Pouch of tuna with celery
- Cottage cheese w/ ¼ cup berries
- Sugar free jello or pudding (check labels)
- Cucumber sandwiches with egg salad, tuna salad or chicken salad
- Devilled eggs
- Jerky Sticks- "Chomps" brand
- Lettuce wraps with meat and cheese
- "Two Good" brand yogurt
- 23 Whisps cheese crackers= 1g



Department of Endocrinology and Diabetes
Created by: Sarah Roberts RD
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