

SNACK COMBINATIONS – NUTRITION FACTS

Peanut Butter & Celery

Serving Size: 2 small stalks celery & 1 Tbsp. peanut butter

Carbs: 5g, Fiber: 2g, Cal: 100, Pro: 4 g

Sliced Pear & Almonds

Serving Size: 1/2 medium pear & 6 almonds

Carbs: 15g, Fiber: 3g, Cal: 92, Pro: 4g

Carrots & Almond Butter

Serving Size: 4 baby carrots & 1Tbsp. almond butter

Carbs: 7g, Fiber: 2g, Cal: 125, Pro 4g

Cottage Cheese & Raspberries

Serving Size: 1/2 cup cottage cheese & 1/2 cup raspberries

Carbs: 5g, Fiber: 4g, Cal: 103, Pro 16g

Tomato & Mozzarella

Serving Size: 2 medium slices of tomato & 2 slices of mozzarella

Carbs: 3.2g, Fiber: .5g, Cal: 150, Pro 14g

Red Peppers & Hummus

Serving Size: 1/2 cup sliced red bell peppers & 1 Tbsp. hummus

Carbs: 7.5g, Fiber: 3g, Cal: 47, Pro 1 gr

Whole Wheat Crackers & Peanut Butter

Serving Size: 3 Triscuits® & 1Tbsp. peanut butter

Carbs: 13g, Fiber: 3g, Cal: 154, Pro 4 g

Sugar-free JELL-O w/ Sugar-free Cool Whip

Serving Size: 6 oz of JELL-O & 2 Tbsp of Cool Whip

Carbs: 3g, Fiber: 0g, Cal: 35, Pro: 0g

Peanut Butter & Apple Slices

Serving Size: 1 Tbsp. peanut butter & 1/2 medium apple (sliced)

Carbs: 15.7g, Fiber: 3.2g, Cal: 141, Pro: 4g

Kiwi w/ Almonds

Serving Size: 1 medium kiwi (sliced) & 6 almonds

Carbs: 12.6g, Fiber: 3.1g, Cal: 88, Pro: 4g

Cheese & Apple Slices

Serving Size: 1/2 medium apple (sliced) & 2 1-inch cubes of cheddar cheese

Carbs: 13.3g, Fiber: 2.2g, Cal: 106, Pro: 6 g

Cottage Cheese w/ Almonds

Serving Size: 1/2 cup low-fat cottage cheese & 6 almonds

Carbs: 4.5g, Fiber: 0.8g, Cal: 123, Pro: 20g

Crispbread w/ Avocado

Serving Size: 1/2 Crispbread slice & 1/4 avocado (mashed)

Carbs: 9.2g, Fiber: 4.3g, Cal: 102, Pro: 1g

Celery w/ Tuna Salad

Serving Size: 2 medium celery sticks & 1/4 cup tuna salad

Carbs: 7.5g, Fiber: 1.3g, Cal: 107, Pro: 8g

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DAIRY

Full-fat (4%) cottage cheese

Serving Size: 1/2 Cup; Carbs: 6g; Fiber: 0g; Cal: 120, Pro:16g

Hard boiled eggs

Serving Size: 1 Egg; Carbs: <1g; Fiber: 0g; Cal: 78, Pro: 6g

Whole-milk yogurt, plain

Serving Size: 6oz; Carbs: 8g; Fiber: 0g; Cal: 104, Pro: 6g

Cream cheese

Serving Size: 1 tbsp; Carbs: 1g; Fiber: 0g; Cal: 50, Pro: 1g

CHEESES

Mozzarella String Cheese (1 oz)

Serving Size: 1 stick; Carbs: <1g; Fiber: 0g; Cal: 80, Pro: 8g

Swiss Cheese

Serving Size: 1 slice (1 ounce); Carbs: 1.5g; Fiber: 0g; Cal: 106, Pro: 7g

Provolone Cheese

Serving Size: 1 slice (1 ounce); Carbs: <1g; Fiber: 0g; Cal: 98, Pro: 7g

Cheddar Cheese

Serving Size: 1 slice (1 ounce); Carbs: <1g; Fiber: 0g; Cal: 104, Pro: 7g

SEEDS

Sunflower (in the shell)

Serving Size: 1/4 cup; Carbs: 2g; Fiber: 1.25g; Cal: 65, Pro: 8.2g

Pumpkin

Serving Size: 1/4 cup; Carbs: 6g; Fiber: 1g; Cal: 200, Pro: 9g

Miscellaneous

Pickles

Serving Size: 1 small pickle; Carbs: 1.7g; Fiber: .4g; Cal: 7, Pro: 0g

Beef Jerky

Serving Size: 1 large piece; Carbs: 2g; Fiber: 0g; Cal: 82, Pro:15g

Hummus

Serving Size: 1 Tbs.; Carbs: 2g; Fiber: 1g; Cal: 23

Large Olives

Serving Size: 1 ounce (about 7); Carbs: 2g; Fiber: 1g, Pro: 1g

Dark chocolate

Serving Size: 3 truffles; Carbs: 15g; Fiber: 1g; Cal: 220, Pro: 0g

FRUIT

Apple

Serving Size: 1 small; Carbs: 21g; Fiber: 4g; Cal: 77, Pro: 0g

Raspberries

Serving Size: 1 cup; Carbs: 15g; Fiber: 8g; Cal: 64

Blackberries

Serving Size: 1 cup; Carbs: 15g; Fiber: 8g; Cal: 62, Pro: 0g

Pear

Serving Size: 1 medium; Carbs: 20g; Fiber: 4.5g; Cal: 100, Pro: 0g

Avocado

Serving Size: 1 medium; Carbs: 17g; Fiber: 11g; Cal: 322, Pro: 3g

Cantaloupe

Serving Size: 1 cup, cubed; Carbs: 14.1g; Fiber: 1.4g; Cal: 54, Pro: 0g

Honeydew

Serving Size: 1 cup, cubed; Carbs: 14.6g; Fiber: 1.3g; Cal: 58, Pro: 0g

Strawberries

Serving Size: 1 cup, sliced; Carbs: 12.8g; Fiber: 3.3g; Cal: 53, Pro: 0g

Plum

Serving Size: 1 medium; Carbs: 7.5g; Fiber: 1g; Cal: 30, Pro: 0g

Kiwi (without skin)

Serving Size: 1 medium; Carbs: 11.2g; Fiber: 2.3g; Cal: 46, Pro: 0g

Cherries

Serving Size: 1 cherry; Carbs: 1g; Fiber: .2g; Cal: 5, Pro: 0g