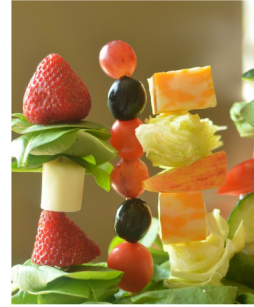




1. Celery and Cheese = 1 gram
2. Hummus and Veggies = 0 grams
3. Almond butter and Celery = 1 gram
4. String Cheese = 0 grams
5. Chickpeas = 0 grams
6. Pistachios = 2 grams for one ounce
7. Popcorn= 0 grams
8. Pretzels = 0 grams
9. Potato Wedges = 2 grams (half a potato)
10. Guacamole and Pita wedges
11. Olive, Cheese & Carrot Tiger sticks = 1 gram (one ounce)
12. Cucumber Sandwiches = 1 gram
13. Carrots and Ranch = 1 gram (2 TBL of ranch)
14. Finger Salad = 0 g
15. Deviled Eggs 1 gram
16. Zucchini Chips= 3 grams (per zucchini)
17. Quesadilla = 1 gram
18. Snow Peas = 2 gram (per raw cup)
19. Trail mix = 3 grams per 1/2 cup (qualifier- nuts and seeds only, not dried fruit and chocolate)
20. Avocado Hummus = 0 grams
21. Kale chips = 0 gram
22. Spiced pumpkin seeds <1 gram
23. Cauliflower popcorn = 2 grams (1 cup)
24. Toast with egg and avocado = 1 gram (per slice)
25. Pepper poppers = 4 grams
26. Homemade fish crackers <1
27. Salad skewers <1 gram (qualifier- the veggie skewers only)
28. Edamame = 3 grams (1 cup)
29. Caprese bite sized snack = 3 grams
30. Cauliflower dipper = 2 grams
31. Arugula pesto 2 grams
32. Jicama fries 2 grams (1 cup)
33. Tomato avocado cups 1 gram
34. Yogurt cheese and cucumbers

35. Cheesy broccoli bites 1 gram
36. Cucumber cups here and here: 1 gram
Zucchini sticks 3 grams
37. Zucchini sticks 3 grams
38. Parmesan fries 2 grams
39. Baked onion rings 2.5grams or half an onions worth
40. Guacamole cones 0 grams
41. Carrots and laughing cow 3 grams
42. Tomato Parmesan Bake 1 gram
43. Grape Tomato & Pretzel Tree = 1 gram
44. Pepper nachos 0 grams
45. Cherry Tomato bugs 2 grams
46. Pea hummus = 2 grams
47. Sweet potato chips 2.5 (for half a sweet potato worth)
48. Peppers and goat cheese 0 grams
49. Sail boat (or hard boiled egg) 0 grams
50. Turkey roll up = 0 grams (turkey, musta and carrot sticks)
51. Sugar snap pea boats 2 grams

50 LOW SUGAR SNACKS for kids



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