

Easy Low-Carb, Sugar-Free Snacks for Kids

- ❖ Cheese
- ❖ Olives
- ❖ Pickles
- ❖ Eggs (scrambled, hard-boiled)
- ❖ Almond Flour Crackers (from Costco – sometimes Aldi has them too)
- ❖ Cucumbers
- ❖ Celery
- ❖ Broccoli
- ❖ Cauliflower
- ❖ Avocados
- ❖ Yogurt (add cinnamon or cocoa powder with some xylitol to make “pudding”, or add 1 clove of minced garlic with a little salt to 1 cup of yogurt and mix well for a delicious savory garlic dipping sauce)
- ❖ Nuts
- ❖ Seeds
- ❖ Natural, no-sugar-added nut butters (add some xylitol to sweeten it up if necessary)
- ❖ 85% dark chocolate (chop up into small pieces and mix into some peanut or almond butter along with some xylitol, or melt and pour over nuts, sprinkle with xylitol, then refrigerate to harden)
- ❖ Foods sweetened with xylitol, erythritol or stevia

High-Carb & Sugary Foods to Keep with Meals

- ❖ Milk
- ❖ Juice
- ❖ Soda
- ❖ Dried fruit
- ❖ Fresh fruit
- ❖ Carrots, Peas, tomatoes, potatoes, sweet potatoes
- ❖ Beans & lentils
- ❖ Bread
- ❖ Pasta
- ❖ Wheat
- ❖ Rice
- ❖ Oats, oatmeal
- ❖ Cereal
- ❖ Crackers, pretzels, chips
- ❖ Honey, maple syrup, agave
- ❖ All forms of processed sugar (including brown rice syrup, maltodextrin, corn syrup, etc.)