

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
- Beans
- Jicama made into fries (season and bake as you would with potato fries)
- Avocados
- Guacamole or avocado sauce (mash one avocado with one crushed garlic clove, 1/8 teaspoon salt, and 1 teaspoon fresh lemon juice - adjust salt and lemon juice to desired taste. I love this as a dipping sauce for carrots, cucumbers or almond crackers)
- Plain, no-sugar-added 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)
- Mustard

- No-sugar-added ketchup (Yo Mama's, Primal Kitchen and True Made Foods are all brands that offer ketchup with no added sugar and no sucralose. My family has tried all of them and I think they are all good. Walmart carries these)
- Nuts
- Seeds
- Natural, no-sugar-added nut butters (add some xylitol to sweeten it up if necessary)
- Lily's chocolate chips (available at Walmart and online - I've also found them at discount stores for wonderfully good prices)
- Keto bars
- Chocolate cupcakes made with almond flour (this is my favorite recipe: <https://chocolatecoveredkatie.com/keto-cake-recipe/>)
- Homemade hot chocolate (use a low carb milk alternative such as almond or coconut, heat on the stove or in the microwave and add cocoa powder and xylitol to desired flavor and sweetness and mix)
- Chocolate covered nuts (melt coconut oil and mix in cocoa powder and xylitol to desired taste, then pour over nuts and freeze - must be stored in the freezer to keep the coconut oil chocolate hard. Alternatively, if the xylitol is separating from the oil, just mix coconut oil and cocoa powder and sprinkle the xylitol generously on top of the cocoa and coconut oil-covered nuts)
- Flourless peanut butter cookies made with xylitol, erythritol or monk fruit (such as this recipe – making sure to substitute the sugar for an alternative sweetener: <https://joyfoodsunshine.com/flourless-peanut-butter-cookies/>)
- Any desserts/snacks sweetened with xylitol, erythritol, stevia or monk fruit.

High-Carb & Sugary Foods to Keep with Meals

- Milk
- Juice
- Soda
- Condiments such as ketchup, ranch, barbeque sauce and salad dressings
- Dried fruit
- Fresh fruit
- Carrots, Peas, tomatoes, potatoes, sweet potatoes
- Beans & lentils
- Bread, tortillas, English muffins, rolls
- Pasta
- Wheat
- Rice
- Oats, oatmeal
- Cereal
- Crackers, pretzels, chips
- Cookies, brownies, ice cream, candy, or any other dessert containing sugar
- Honey, maple syrup, agave
- All forms of processed sugar (including brown rice syrup, maltodextrin, corn syrup, etc.)