

Today there is no cure for diabetes. You have the POWER to choose a healthy life free of diabetes. I see a world without diabetes and it starts with your sugar free living. Here are a few snacks you can incorporate today. We would love to hear about your progress.

Post your successes using #SugarFreeNation #SugarFreeGirl

200 Cal

Carbs 16g (5g Fiber)
 Fat 14g
 Protein 6g



Kind Cashew & Ginger Spice Bar, 1 bar **Ingredients:**Sugar (4g)
Protein (6g)

200 Cal

Carbs 16g (7g Fiber)
 Fat 16g
 Protein 5g



Kind Dark Chocolate Cinnamon Pecan, 1 bar

Ingredients: Sugar (5g) Protein (5g)

200 Cal

• Carbs 16g (7g Fiber) • Fat 15g • Protein 5g



Kind Madagascar Vanilla Almond, 1 bar **Ingredients:**Sugar (5g)
Protein (5g)

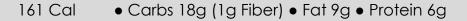
200 Cal

Carbs 16g (5g Fiber)
 Fat 14g
 Protein 6g



Kind Dark Chocolate Nuts & Sea Salt, 1 bar

Ingredients: Sugar (5g) Protein (6g)





Kettle Popcorn 2 cups Ingredients: Sugar (2g) Protein (6g)

• Carbs 18g (1g Fiber) • Fat 9g • Protein 6g



Blue Diamond Almonds Coffee Caramel Macchiato Almonds, 24 nuts Ingredients: Sugar (3g) Protein (6g)

• Carbs 18g (1g Fiber) • Fat 9g • Protein 3g



The Good Bean Sweet Cinnamon Roasted Chickpea Snacks, 1/8 cup Ingredients: Sugar (6g) Protein (3g)

o Cal • Carbs 13g (4g Fiber) • Fat 9g • Protein 3g



Health Warrior Chia Bars, Coconut, 1 bar Ingredients: Sugar (4g) Protein (3g)

140 Cal • Carbs 12g (3g Fiber) • Fat 9g • Protein 6g



Somersault Snack Co. Crunchy Nuggets Dutch Cocoa, 14 pieces **Ingredients:** Sugar (4g) Protein (6g)

160 Cal • Carbs 10g (3g Fiber) • Fat 9g • Protein 6g



Planters, Dark Chocolate flavor Cocoa Almonds, 24 pieces Ingredients: Sugar (4g) Protein (6g)

150 Cal • Carbs 2g (3g Fiber) • Fat 10g • Protein 14g



P3 Portal Protein Packs and Deli Snackers

Ingredients:

Sugar (4g) Protein (14g)

90 Cal • Carbs 16g (1g Fiber) • Fat 3g • Protein 14g



Kind Kids Chewy Chocolate Chip Bars, 1 Bar Ingredients:

Sugar (5g) Protein (1g)

180 Cal • Carbs 14g (14g Fiber) • Fat 5g • Protein 14g



Quest Protein Bar Birthday Cake Flavor, 1 Bar Ingredients:

Sugar (1g) Protein (21g)

180 Cal • Carbs 14g (14g Fiber) • Fat 5g • Protein 14g



Health Warrior Chia Bar Chocolate Peanut Butter, 1 Bar **Ingredients:**

Sugar (1g) Protein (21g)

140 Cal • Carbs 9g (3g Fiber) • Fat 8g • Protein 7g



Graze Cheese N' Chill Veggie Protein Power, 30g Ingredients:

Sugar (0.9g) Protein (7g)

132 Cal • Carbs 9.6g (2.8g Fiber) • Fat 6.7g • Protein 6.9g



Graze Sea Salt & Pepper Veggie Protein Power, 28g **Ingredients:**

Sugar (0.9g) Protein (6.9g)

140 Cal • Carbs 17g (2g Fiber) • Fat 6g • Protein 6g



Graze Spicy Veggie Protein Power, 30g Ingredients:

Sugar (2g) Protein (6g)

90 Cal • Carbs 16g (2g Fiber) • Fat 3.5g • Protein 1g



Made Good Chocolate Chip Granola Bars, 120g Ingredients:

Sugar (6g) Protein (1g)

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