

HEALTHY SNACKS *with*

5GRAMS OF SUGAR OR LESS

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)

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



Kettle Popcorn
2 cups

Ingredients:
Sugar (2g)
Protein (6g)

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



Blue Diamond Almonds
Coffee Caramel
Macchiato Almonds, 24 nuts

Ingredients:
Sugar (3g)
Protein (6g)

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



The Good Bean Sweet Cinnamon
Roasted Chickpea Snacks,
1/8 cup

Ingredients:
Sugar (6g)
Protein (3g)

0 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' Chili
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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