

MISSION POSSIBLE

Your mission—should you choose to accept it: Skip the snacks with lots of carbs and calories and munch on your favorite “free” foods instead.

Craving a snack? Try “free” foods or drinks. They’re called free because they are less than 20 calories AND have less than 5 g of carb per serving. This means they usually have little to no effect on your blood sugar. Here are some examples:



1 cup raw or 1/2 cup cooked non-starchy vegetables



water, tea and coffee (no sugar)



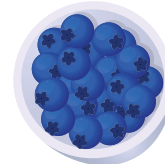
1 sugar-free popsicle



10 Goldfish crackers



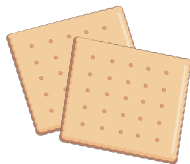
1 cup popcorn



1/4 cup blueberries



1 tablespoon fat-free cream cheese with celery sticks



2 saltine crackers



Sugar-free gelatin



3 gummy bears

My favorite free foods

What are some of your favorites? Make a list and keep some of them around to snack on.
