

Smart Snack Choices for CARB COUNTERS



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1 CARB CHOICE

10 almonds

1 Yoplait® Greek 100 Strawberry

170 calories • 6g total fat
17g carbohydrates • 12.5g protein



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2 CARB CHOICES

2 cups of popcorn

1 medium navel orange

130 calories • 1g total fat
30g carbohydrates • 3.5g protein



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2 CARB CHOICES

1/2 cup of Cheerios®

1/4 cup of cranberries

145 calories • 1.5g total fat
35g carbohydrates • 2g protein



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1 CARB CHOICE

5 whole wheat crackers

1 oz of cheddar cheese

210 calories • 13g total fat
16g carbohydrates • 9.5g protein



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1.5 CARB CHOICES

1/2 cup of blueberries

1 Yoplait® Greek 100 Vanilla

150 calories • 0g total fat
22g carbohydrates • 13.5g protein



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2 CARB CHOICES

1/2 whole wheat
English muffin
1/2 TB peanut butter

1 small apple

190 calories • 5g total fat
35g carbohydrates • 5.5g protein

Carb Friendly Recipe

PLUM PUDDING PARFAIT



Stack up fresh plums, creamy pudding and granola for a tasty and hearty breakfast or dessert.

Prep Time 20 min • **Total Time 20 min** • **Servings 4**

1 package (4-serving size) vanilla fat-free sugar-free instant pudding and pie filling mix
1 1/4 cups fat-free (skim) milk
1 cup plain fat-free yogurt
1/2 cup low-fat granola
4 medium plums, pitted and chopped (about 2 cups)

STEP 1

Make pudding mix as directed on package except use 1 1/4 cups fat-free (skim) milk. Fold in yogurt.

STEP 2

Place about 1/4 cup pudding mixture in bottom of each of 4 parfait glasses. Layer each glass with 1 tablespoon of the granola and about 1/4 cup of the plums; repeat layers. Top with remaining pudding mixture. Refrigerate until ready to serve.

170 calories • 1.5g total fat • 32g carbohydrates • 8g protein • 2 carb choices



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