



Call or Email Us for Help...

- Learning the Carb-30 rules** and how to maximize your weight-loss success.
- Personalizing your plan** so that you can navigate any allergy or health challenges and make choices that support your needs.
- Adjusting to your new diet**—from easing cravings and boosting your mood to finding motivation.
- Keeping healthy living fun** and interesting with over 25 years worth of helpful ideas from our experts.

What About Snacks?

The number one question customers have is: *What about snacks?* The key to snacking is to plan ahead and always be sure that the snacks or drinks you choose follow the Carb-30 rules—that means no fruit, bread, sugar or other carbohydrates. It's a great idea to pre-portion and pack your snacks in advance, whenever possible, to avoid mindless munching or making poor choices mid hunger pang. Flip over this card for some great low-carb snack options from our nutrition team experts!



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Mon-Fri 8am-9pm ET and Sat 9am-12pm ET | support@diettogo.com | 800-743-7546 | diettogo.com



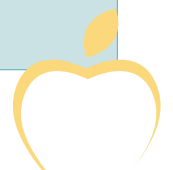
It's important to choose snacks that follow the Carb-30 rules. With Diet-to-Go to help, now you can eat well, *Snack Smart*, and reach your goals!

12 Smart Low Carb Snacks

3 Slices of Turkey, Rolled in 3 Lettuce Leaves 2.0g Net Carbs	Jello-O Sugar-Free Snack Pack 0.0g Net Carbs
5 Raw Baby Carrots 3.1g Net Carbs	14 Raw Almonds 1.3g Net Carbs
5 Celery Stalks 5.6g Net Carbs	2 cups Salad with Lemon Juice and Olive Oil 4.0g Net Carbs
2 Hard-Boiled Eggs 0.4g Net Carbs	1 Medium Avocado 2.5g Net Carbs
10 Kalamata Olives 3.8g Net Carbs	28 Peanuts 2.2g Net Carbs
14 Dry-Roasted Pistachios 1.6g Net Carbs	1 tbsp Peanut Butter & 1 Celery Stalk 2.1g Net Carbs

Thirsty? Try 8oz of These!

Water with Lemon Wedge & Basil Leaves 0 cal	Honest Unsweetened Lemon Tea 0 cal
Seltzer Water with Lemon or Lime Wedge 0 cal	Herbal or Black Tea, No Sweetener 0 cal
Almond Milk, Unsweetened 40 cal, 3g fat, 2g carb, 1g protein	Decaffeinated Black Coffee or Tea 0 cal



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