

Your Handy List of High-Protein, Low-Fat Snacks

When you reach for a snack, keep it healthy! These high-protein, low-fat snacks can give you the energy boost you need. Stay on target with your diet by choosing one of these 30 options:

1. Hard-boiled egg.

1 egg per serving: 5 g fat / 1.5 g saturated fat / 212 mg cholesterol / 70 mg sodium / 0.4 g carbohydrates / 0.4 g sugar / 6.3 g protein / 74 calories

2. Tuna.

1 oz serving (packed in water): 0.2 g fat / 0.1 g saturated fat / 8 mg cholesterol / 96 mg sodium / 0 g carbohydrates / 0 g sugar / 7.2 g protein / 33 calories

3. Low-Fat Cheddar Cheese.

1 oz serving: 2.0 g fat / 1.2 g saturated fat / 6 mg cholesterol / 173 mg sodium / 0.5 g carbohydrates / 0.1 g sugar / 6.9 g protein / 49 calories

4. Beef Jerky.

1/2 oz serving: 3.6 g fat / 1.5 g saturated fat / 7 mg cholesterol / 314 mg sodium / 1.6 g carbohydrates / 1.3 g sugar / 4.7 g protein / 58 calories

5. Non-fat Cottage Cheese.

1/4 cup serving: 0 g fat / 0 g saturated fat / 3 mg cholesterol / 205 mg sodium / 2.5 g carbohydrates / 1.5 g sugar / 7.5 g protein / 40 calories

6. Peanut Butter.

1 tbsp serving: 8.4 g fat / 1.6 g saturated fat / 0 mg cholesterol / 80 mg sodium / 2.9 g carbohydrates / 1.2 g sugar / 4 g protein / 96 calories

7. Almonds.

Approx. 6 almonds per serving: 4.2 g fat / 0.3 g saturated fat / 0 mg cholesterol / 0 mg sodium / 1.5 g carbohydrates / 0.4 g sugar / 1.8 g protein / 48 calories

8. Mozzarella Cheese.

1 oz serving: 0 g fat / 0 g saturated fat / 4 mg cholesterol / 335 mg sodium / 1 g carbohydrates / 1 g sugar / 7.0 g protein / 45 calories

9. Plain Yogurt.

6 oz serving (1 container): 2.6 g fat / 1.7 g saturated fat / 10 mg cholesterol / 119 mg sodium / 12 g carbohydrates / 12 g sugar / 8.9 g protein / 107 calories

10. Flavored Fat-Free Yogurt.

6 oz serving (1 container): 0.3 g fat / 0.2 g saturated fat / 3 mg cholesterol / 85 mg sodium / 11 g carbohydrates / 8 g sugar / 7 g protein / 80 calories

11. Turkey Breast Slices.

1 oz serving: 0.2 g fat / 0.1 g saturated fat / 23 mg cholesterol / 15 mg sodium / 0 g carbohydrates / 9 g sugar / 8.5 g protein / 38 calories

12. Bean or Lentil Soup.

2 oz serving (1 container): 1.5 g fat / 0 g saturated fat / 0 mg cholesterol / 523 mg sodium / 39.4 g carbohydrates / 5 g sugar / 12.2 g protein / 215 calories

13. Smoked Salmon.

1 oz serving: 1.7 g fat / 0.4 g saturated fat / 16 mg cholesterol / 157 mg sodium / 0 g carbohydrates / 0 g sugar / 5.6 g protein / 39 calories

14. Fresh Cooked Broccoli.

1/2 cup serving: 0.3 g fat / 0 g saturated fat / 0 mg cholesterol / 20 mg sodium / 4 g carbohydrates / 1 g sugar / 2.3 g protein / 22 calories

15. Hummus.

1/3 cup serving: 7.9 g fat / 1.2 g saturated fat / 0 mg cholesterol / 313 mg sodium / 11.8 g carbohydrates / 4.8 g sugar / 6.5 g protein / 137 calories

16. Chicken Breast.

1 oz serving: 1 g fat / 0.3 g saturated fat / 24 mg cholesterol / 21 mg sodium / 0 g carbohydrates / 0 g sugar / 8.8 g protein / 47 calories

17. Peanuts.

Approx. 10 peanuts per serving: 5 g fat / 0.7 g saturated fat / 0 mg cholesterol / 1 mg sodium / 2.2 g carbohydrates / 0.4 g sugar / 2.4 g protein / 58 calories

18. Reduced-Calorie Wheat Bread.

2 slices per serving: 1.1 g fat / 0.2 g saturated fat / 0 mg cholesterol / 235 mg sodium / 20.1 g carbohydrates / 1 g sugar / 4.2 g protein / 91 calories

19. Edamame.

1/2 cup serving: 4 g fat / 0.5 g saturated fat / 0 mg cholesterol / 5 mg sodium / 7.7 mg carbohydrates / 1.7 g sugar / 8.4 g protein / 95 calories

20. Pumpkin Seeds.

1 tbsp per serving: 5.9 g fat / 1.1 g saturated fat / 0 mg cholesterol / 3 mg sodium / 1.9 g carbohydrates / 0.1 g sugar / 4.6 g protein / 73 calories

21. Turkey Bacon.

1 slice serving: 2.2 g fat / 0.7 g saturated fat / 8 mg cholesterol / 183 mg sodium / 0.2 carbohydrates / 0 g sugar / 2.4 g protein / 31 calories

22. Plain Bagel.

1/4 large bagel equals 1 serving: 0.5 g fat / 0.1 g saturated fat / 0 mg cholesterol / 151 mg sodium / 15.1 g carbohydrates / 0.3 g sugar / 3 g protein / 78 calories

23. Fat-Free Cream Cheese.

1 tbsp serving: 0 g fat / 0 g saturated fat / 2 g cholesterol / 116 g sodium / 1.2 g carbohydrates / 0.6 g sugar / 2.3 g protein / 17 calories

24. White Beans.

1/2 cup serving: 0.3 g fat / 0.1 g saturated fat / 0 mg cholesterol / 5 mg sodium / 22.6 g carbohydrates / 2 g sugar / 8.8 g protein / 90 calories

25. Sliced Tomato.

1 cup serving: 0.4 g fat / 0.1 g saturated fat / 0 mg cholesterol / 9 mg sodium / 7.1 g carbohydrates / 4.7 g sugar / 1.6 g protein / 32 calories

26. Skim Milk.

1 cup serving: 0.2 g fat / 0.1 g saturated fat / 4 mg cholesterol / 130 mg sodium / 13 g carbohydrates / 12 g sugar / 9 g protein / 90 calories

27. Sugar-free Pudding.

1/2 cup serving: 0.2 g fat / 0 g saturated fat / 2 mg cholesterol / 403 mg sodium / 11.9 g carbohydrates / 5.4 g sugar / 4.2 g protein / 70 calories

28. Baked Lite Tofu.

1/2 cup serving: 1.5 g fat / 0.2 g saturated fat / 0 mg cholesterol / 82 mg sodium / 1.5 g carbohydrates / 1.5 g sugar / 7.5 g protein / 45 calories

29. Roasted Soy Nuts.

3/4 ounce serving: 4.6 g fat / 0.7 g saturated fat / 0 mg cholesterol / 0 mg sodium / 7.0 g carbohydrates / trace of sugar / 8.4 g protein / 96 calories

30. Swiss Cheese.

1 oz serving: 3.5 g fat / 2 g saturated fat / 10 mg cholesterol / 130 mg sodium / 0 g carbohydrates / 0 g sugar / 9 g protein / 70 calories