

HEALTHY SNACKS AND CONDIMENTS

Optional Snacks

- 3 celery stalks
- 1 fruit-flavored sugar-free popsicle
- ½ cup serving sugar-free Jello® gelatin
- Up to 3 pieces sugar-free gum or mints
- Two dill pickle spears

Condiments

- ½ teaspoon of most dried herbs and spices
- 1 teaspoon balsamic vinegar
- 1 tablespoon minced onion, lemon/lime juice, yellow mustard, salsa, soy sauce, low-fat or fat-free milk, or soy milk
- Up to 2 tablespoons sugar-free flavored syrup such as DaVinci® or Torani®
- 1 packet artificial sweetener such as Splenda®
- Tabasco® (or other hot) sauce and red, white, or cider vinegar (feel free to use liberally)
- Crushed red chili peppers