

# Healthy Snacking with Diabetes



## TIPS

- It is important to remember to eat every 4-5 hours
- Between meal and bedtime snacks can be easily included in the meal plan
- Snacks can help ward off hunger and help prevent low blood sugar

### 1 Carbohydrate Choice Snacks (15 grams of carbohydrates)

- 1 small fruit
- 1 cup berries or melon
- ½ grapefruit or larger fruit
- 12-15 Bing cherries or grapes
- ½ cup canned fruit, in light syrup or juice
- 1 low-fat granola bar
- 2 rice cakes (4" in diameter)
- ¾ cup unsweetened cereal
- 3 Gingersnaps or Lorna Doones
- 3 graham crackers (2 ½" square)
- 4-6 low fat crackers
- 5 Nilla wafers or reduced fat Triscuits
- 8 animal crackers
- 10 baked chips (potato or tortilla)
- 13 reduced fat Wheat Thins
- 15 mini pretzels
- ½ cup sugar free, low-fat ice cream
- ½ cup sugar free pudding
- 6 oz. sugar free, low fat yogurt

### 2 Carbohydrate Choice Snacks (30 grams of carbohydrates)

- ½ bag light microwave popcorn
- ½ cup low fat pudding
- ½ cup sherbet or sorbet
- 6 oz. low fat, sweetened yogurt
- ¼ cup dried fruit
- 1 cereal bar

### Other Snacks (little to no carbohydrates)

- ¼ cup nuts
- 1 TBS peanut butter
- ¼ cup salsa
- 1 oz. low fat string cheese
- ¼ cup low fat cottage cheese
- ½ cup sugar free Jello
- 1 sugar free popsicle
- 1 oz. jerky
- 1 cup raw veggies (carrots, celery)

