

# Healthy Snacking with Diabetes

## Tips

- Between meal and bedtime snacks can be easily included in the meal plan
- Snacks can help to ward off hunger and help to prevent low blood sugar
- Plan snacks 3-4 hours after a meal and count the carbohydrates in your plan
- Monitor your blood sugar levels

## **1 Carbohydrate Choice Snacks (15 grams of Carbohydrates and 60-100 calories)**

1 small fruit  
1 cup Berries or Melon  
1/2 Grapefruit or larger fruit  
12-15 Bing Cherries or grapes  
1/2 cup canned fruit, in light  
syrup or juice



1 low-fat Granola Bar  
2 Rice Cakes (4" diameter)  
3/4 cup unsweetened cereal  
2 Gingersnaps or Lorna Doones™  
3 Graham Crackers (2 1/2 " square)  
4-6 low-fat Crackers  
5 Vanilla Wafers or Reduced Fat Triscuits™  
8 Animal Crackers  
10 Baked Chips (potato or tortilla)  
13 Reduced Fat Wheat Thins™  
12 Mini Pretzels  
  
1/2 cup sugar free, low-fat Ice Cream  
1/2 cup sugar free Pudding  
6 oz sugar-free, low-fat Yogurt



## **2 Carbohydrate Choice Snacks (30 grams of Carbohydrate and 100-150 calories)**

1/2 bag Light Microwave Popcorn  
1/2 cup regular Pudding  
1/2 cup Sherbet or Sorbet  
6 oz low-fat, sweetened Yogurt  
1/4 cup Dried Fruit  
1 Cereal Bar



## **Other Snack Ideas (very little or no carbohydrate)**

### Less than 30 calories:

1/4 cup Salsa  
1/2 cup sugar free Gelatin  
1 sugar free Popsicle  
1 cup raw vegetables

### ~100 calories

3 Tbsp Nuts  
1 Tbsp Peanut Butter  
1 oz low-fat String Cheese  
1/4 cup low-fat Cottage Cheese  
1-2 oz jerky



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