

Healthy Snacks to Go!



- Fresh fruit
- Cheese packs or cubes
- Yogurt
- 100% fruit juice (no more than 6 oz per day)
- Low-fat milk: White or flavored
- Milkshake—Skim milk, ripe fruit, vanilla flavoring and ice
- Water
- Cheese or peanut butter on low-fat crackers
- Pretzels
- Trail mix
- Dried fruits
- Granola bars
- Low-sugar cereals
- Baked potato chips or snack chips
- Low-fat yogurt topped with granola, cereal or fruit
- Pudding
- Carnation Instant Breakfast
- Breadsticks
- Bagels with flavored toppings
- English muffin pizza with sauce, veggies and mozzarella cheese
- Whole wheat pizza w/hummus
- Low-fat, microwave popcorn
- Veggies w/low-fat dip or yogurt
- Dried fruits
- 100% fruit juice bars, popsicles, fudgsicles, sorbet
- Bananas or apples w/peanut butter and cream cheese
- Baked taco chips w/salsa

U.P. Diabetes Outreach Network
Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985

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