

# Healthy Snacks

## For People with Diabetes

### Snacks that have very little affect on blood sugar:

- Any Vegetable except corn, peas or potatoes
- 1 hard boiled egg
- 1 piece string cheese
- ½ cup tuna, egg or chicken salad (made with lite mayo) in a lettuce leaf
- ¼ cup of nuts or seeds
- ½ cup cottage cheese
- ½ cup salsa
- 1 Tbsp peanut butter
- Turkey Roll Up: A slice of turkey with light cream cheese , rolled up
- Pea pods dipped in light ranch dressing
- 1 stalk celery with 1 Tablespoon peanut butter
- ¼ cup hummus with sliced red and green peppers
- Sugar free jello \*
- Sugar free popsicle\*



### Snacks that have about 1 carbohydrate choice or less:

#### FRUIT

- 1 small apple or orange or pear or tangerine
- 8 dried apricot halves
- 1 cup cubed cantaloupe
- 15 Bing cherries
- 15 grapes
- 1 cup berries
- ½ banana (3 inch)



#### MIXING IT UP

- Small apple with 1 Tbsp Peanut butter
- 1 cup fresh diced pineapple + ¼ cup cottage cheese
- 2 Tbsp Raisins + 1 oz. Peanuts
- 2 Tbsp Raisins + 1 Tbsp peanut butter on celery stalks
- ½ cup hummus with fresh veggies
- ¼ cup blueberries + ¼ cup raspberries mixed
- 1 whole grain mini bagel + 1 Tbsp light cream cheese
- ½ English muffin with part skim cheese melted on top
- ¼ cup low fat chocolate milk + ½ cup sliced strawberries blended with ice
- 2 Tbsp flax seed mixed with ½ cup of low fat yogurt



- 3 graham crackers + 1 Tbsp Peanut butter
- 5 triscuit crackers + 1 string cheese
- 15 multi-grain baked tortilla chips + ½ cup salsa
- 12 almonds with 6 oz low fat yogurt
- 100% Whole Wheat toast with 1 Tbsp almond butter and ½ tsp cinnamon
- 2 squares graham crackers topped with 1 Tbsp light cream cheese and 3 sliced grapes or low sugar jam
- 3 Gingersnaps or Lorna Doones

## DAIRY



- 1 cup skim milk
- ½ cup (4 oz) low fat chocolate milk
- ½ cup yogurt with ¼ cup blueberries

## OTHER

- 3 cups low fat microwave or air-popped popcorn
- 2 Rice Cakes, 4 inch
- ½ cup roasted garbanzo beans
- 13 reduced fat Wheat Thins
- 12 mini Pretzels



## **Snacks with about 1-2 carbohydrate choices:**



- 7 reduced fat Triscuits with 2 wedges light garlic and herb Laughing cow spreadable cheese
- ¾ cup fat free cottage cheese with 1 peach, diced
- Sandwich thin + 1 Tbsp Peanut butter OR 1 oz melted low fat cheese topped with veggies
- 6 ounces lite yogurt with ¼ low fat granola OR ¼ cup berries
- ½ cup sugar free pudding with ½ banana\*
- ½ cup oatmeal topped with 1 tsp brown sugar and 1 Tbsp raisins
- Banana (6 inch) with 1 Tbsp peanut butter
- 1 Cheese quesadilla (6" whole wheat tortilla + 1 oz. Shredded cheese) + ¼ cup salsa
- 2 Tbsp dried fruit
- 1 cup sugar free hot chocolate\*
- 3 small squares graham crackers and ½ cup (4 oz) skim milk

\*Contain artificial sweeteners so use less often.