

Snack ideas



Living life to the fullest starts by doing all you can to keep your blood sugar in range. Try aiming for 15 grams (g) per snack, and always follow your healthcare professional's recommendations.

LESS THAN 5 G CARBOHYDRATES

- ½ c sugar-free gelatin
- 1-inch-cube cheese
(cream, string, cheddar)
- 1 hard-boiled egg
- 2 tbsp pumpkin seeds
- 1 handful unsalted nuts

Non-starchy veggies 1 c cooked / 2 c raw

- Carrots, celery, peppers
- Leafy greens (bok choy,
lettuce, kale, spinach)
- Chayote, nopales, zucchini

Dips, spreads, dressings

- 1 tbsp peanut butter
- 2 tbsp hummus
- ¼ avocado
- ⅓ c tomato salsa
- 2 tbsp oil and vinegar

15 G CARBOHYDRATES

- ½ banana
- 1 c strawberries, papaya
- 1 small apple, peach, orange
- 3 c light popcorn
- 15–20 potato chips
- 12 thin wheat crackers
- 6 oz plain or sugar-free
yogurt
- ½ c ice cream
- Whole-grain granola bar
- ⅓ c black or pinto beans
- 1 quesadilla (6-inch corn
tortilla; ¼ c shredded
cheese)
- ¾ c raita (plain, lowfat
yogurt; diced cucumber)



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