



# Healthy Snack Ideas

*For Individuals with Diabetes*

Snacks can be fun to eat. When you have diabetes, you can choose to eat any food, but it is important to know how much of the food you can eat to manage your diabetes and keep your glucose in range.

Most snacks have a nutritional label outlining carbohydrate information, making it easier to count your carbs. A serving size, the amount listed on a product's nutritional label, is important to consider when determining the portion you choose to eat.

Carbohydrate needs vary for each person. We have listed three groups of suggested healthy snacks with different carbohydrate content.

## 5-10 gm CARBOHYDRATES

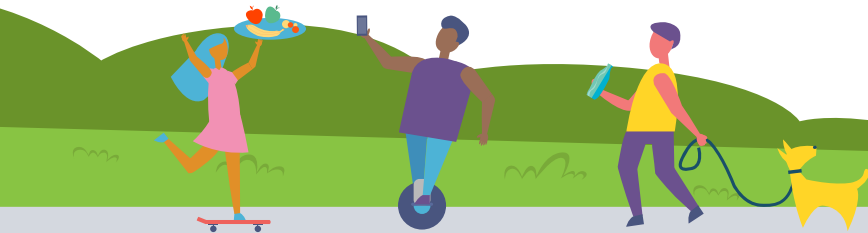
- 1 oz. (approx. 1 handful) mixed dry roasted nuts
- 1 popcorn or rice cake & cream cheese
- ¼ small apple & 1 tbsp. peanut butter
- 4 crackers & 1 string cheese
- 1 oz. (approx. 1 handful) dry roasted cashews
- 2 tbsp. peanut butter & celery 1 hardboiled egg & 6 crackers
- 1 cup raw vegetables with Ranch dip

## 10-15 gm CARBOHYDRATES

- 10 grapes
- 2 cups air popped popcorn
- ½ pear & 1 slice cheese
- ½ whole wheat English muffin with turkey, lettuce, tomato
- 1 cup milk
- ½ cup unsweetened apple sauce
- ½ sandwich thin, 1 slice cheese & tomato
- 6 crackers & cheese
- ½ small banana
- 3 graham cracker squares
- 1 corn tortilla with cheese, salsa

## 15-20 gm CARBOHYDRATES

- ½ package of granola bars (1 bar)
- ½ cup Greek fruit-flavored yogurt
- 1 oz. pretzels and string cheese
- 1 small apple or orange
- ½ mini bagel with cream cheese & ½ cup strawberries
- 4 oz. Mandarin orange fruit cup and 10 almonds
- 1 slice whole wheat bread or sandwich thin with: turkey, tomato, avocado OR tuna, lettuce, tomato OR scrambled eggs, salsa



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