



Healthy Snacks

Your recommended snack carbohydrate range: _____ gm

Snacks are fun to eat, help prevent low blood sugar levels and provide energy between meals. Below are some healthy snack ideas for you to try. If available, use the food label and measure the serving for accurate carbohydrate amounts.

0-5 gm carbohydrates

- Raw vegetables (1 cup) with 1 tablespoons of ranch dip
- 2 tablespoons of hummus with raw vegetables (½ cup)
- Carrots (1 medium or 6 baby)
- 3 celery sticks with 1 tablespoon of peanut or nut butter
- 1 medium or 5 baby dill pickles
- Roasted seaweed
- 1 string cheese
- ½ cup of cottage cheese
- Edamame (10 pods)
- Canadian bacon or turkey bacon
- 1 canned or packaged tuna in water
- 1 hardboiled egg
- 1 cup of light popcorn
- 1/3 avocado
- Olives (10)

5-10 gm carbohydrate

- 2 tbsp hummus dip & fresh vegetables
- ½ cup cottage cheese with ¼ cup blueberries **OR** ¼ cup raw pineapple **OR** ½ cup sliced strawberries
- 1 oz (approx 1 handful) mixed dry roasted nuts
- 1 popcorn or rice cake & cream cheese
- ¼ small apple & 1 tbsp peanut butter
- 4 Triscuit Thin Crisps® crackers & 1 string cheese
- ½ cup edamame beans
- 1 medium clementine
- 1 oz (approx 1 handful) dry roasted cashews
- ¼ cup guacamole with red peppers, snap peas
- 2 tbsp peanut butter & celery
- 1 hardboiled egg & 6 Wheat Thins®

10-15 gm carbohydrates

- 10 grapes- freeze them for fun
- ½ apple & 1 tbsp almond butter
- 2 cups air popped or Skinny Pop® popcorn
- 10 Wheat Thins® & 1 slice cheese
- ½ pear & 1 slice cheese
- 2 popcorn or rice cakes, cream cheese, & cucumbers
- ½ whole wheat English muffin with turkey, lettuce, tomato
- ½ cup plain Greek yogurt with ½ cup mixed berries
- ½ cup unsweetened apple sauce
- ½ sandwich thin, 1 slice cheese & tomato
- 6 Triscuit Thin Crisps® crackers & cheese
- ½ large banana
- 3 graham cracker squares
- 1 corn tortilla with cheese, salsa

