




SNACK IDEAS

Each of these snack ideas are less than 200 calories and have about 15 grams of carbs or less. Chose based on what you are craving!

 SOMETHING NOURISHING	 SOMETHING SWEET	 SOMETHING SAVORY	 SOMETHING LOW-CARB
<p>Open face turkey sandwich Tuna salad stuffed in 1/2 small pita Small carton Greek Yogurt 1/2 Cup cottage cheese with 2 Tbsp granola</p>	<p>6 Chocolate kisses 2 Small cookies <i>(Nonni's Thin Addictives*)</i> Sugar-free pudding (1/2 cup) 1 Large kiwi</p>	<p>5-6 Whole Grain Crackers with 1 Tbsp nut butter 20 Pretzel thin sticks dipped in 1 Tbsp hummus 2 Cups popcorn, oil popped 10 Baked potato chips and 1 Tbsp guacamole</p>	<p>Cottage cheese stuffed into a 1/2 tomato Turkey and cheddar roll-up 1/2 oz Nuts <i>(about 12 medium almonds or small handful peanuts)</i> Sliced veggie spears with 2 Tbsp mashed avocado</p>
 SOMETHING PORTABLE	 SOMETHING HOT	 SOMETHING COLD	 SOMETHING LOW-CALORIE
<p>2 Clementines and a small handful of almonds Fruit n Nut bar <i>(Kind*)</i> or Granola bar <i>(Kashi*)</i> Snack cheese stick plus small apple 100 Calorie snack packs</p>	<p>Caffe Latte (12 oz) with low-fat milk Cup of soup Hot tea with toasted English muffin half Low-fat cheddar (1 oz) melted on 1 Slice whole grain bread topped with a tomato slice</p>	<p>1 Cup frozen blueberries or 15 frozen grapes Frozen yogurt bar <i>(Yasso*)</i> Iced tea and granola bites <i>(MadeGood Mini bites*)</i> Glass of cold milk (1 cup)</p>	<p>Sliced veggie spears Sugar-free popsicle A cup of grape tomatoes Sugar-free fruit gelatin</p>

 **HELPFUL HINT:** If your blood glucose is running a little high and you are still hungry for a snack, chose something low-carb or low-calorie.

* Brand names shown are merely examples of products that have a good nutritional profile. Diabetes- What To Know does not endorse any brand mentioned, and is not sponsored by any of these brands.