

## Healthy Snack Options

Planning snacks is important for managing diabetes. Snacks are a great way to fit in another serving of protein, vegetables, fruits or whole grains. These foods are healthier than salty snacks and sweets. They will also fill you up and give you the energy you need! Below are a few healthy snack ideas.

### Snacks Very Low in Carbohydrates

- 15 almonds
- 3 celery sticks + 1 tablespoon of peanut butter
- 5 baby carrots
- 5 cherry tomatoes
- 1 hard-boiled egg
- 1 cup cucumber slices
- ¼ cup of fresh blueberries
- 1 cup of light popcorn
- 1 string cheese stick
- 8 olives
- 2 tablespoons pumpkin or sesame seeds
- ¼ of a whole avocado
- 1 cup of salad greens + ½ cup of diced cucumber + drizzle of vinegar and oil



### About 10-20 Grams of Carbohydrates

- ½ cup Cheerios or Chex type cereal + 1-2 Tbs nuts
- 1 small apple or orange
- 3 cups light popcorn
- 1/3 cup hummus + 1 cup raw veggies
- 2 rice cakes + 1 tablespoon peanut butter
- ½ cup tuna salad + 4-6 saltines
- ½ cup cottage cheese + ½ cup drained canned fruit or fresh fruit
- 1 cheese quesadilla (made with one 6-inch corn or whole wheat tortilla + 1 oz shredded cheese) + ¼ cup salsa
- 5 whole wheat crackers + 1 string cheese
- ½ turkey sandwich (1 slice whole wheat bread + 2 oz turkey + mustard)

**Remember to Drink Water throughout the Day!**