

All snacks contain approximately 1 carbohydrate choice (15 grams carbohydrate)

These snacks can be given to people with diabetes as part of their meal plan, as required and appropriate. Snacks are unique to each person.

Fruit and Protein Choice

- 1 serving of fresh fruit and ¼ cup almonds, walnuts or cashews
- 1 cup cut up melon and ½ cup cottage cheese
- ½ cup canned fruit packed in water and ½ cup cottage cheese
- 4 dried apricots and ¼ cup unsalted nuts
- 1 pear or apple with 1 slice low fat cheese

Grain Product and Protein Choice

- 1 slice whole grain toast with 1 tablespoon peanut butter
- ½ sandwich or open faced sandwich of lean deli meat or leftover meat
- 2 plain oatmeal cookies and 1 slice low fat cheese
- ½ whole grain English muffin and 1-2 tablespoons light cream cheese
- 1 small whole wheat bun with cucumber, tomato and lettuce and slice of low fat cheese, lean meat or fish
- 1 small whole grain muffin with 1 slice low fat cheese
- 4 slices melba toast with tuna or salmon (add small amount of light mayonnaise and cut up green onions to the tuna or salmon)
- 12 baked tortilla chips or other baked chips with melted shredded low fat cheese and 2-3 tablespoons tomato salsa
- 2/3 cup oat-bran cereal and ½ cup low fat milk
- 4-6 whole grain salt free crackers and peanut butter

Milk & Alternatives

- ½ cup light vanilla ice cream
 - ¾ cup low-fat, sugar reduced flavoured yogurt
 - 100 gram individual portioned flavoured yogurt
 - ½ cup light pudding
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😊 Cut up raw vegetables and a small amount of low fat dip may be added to any of the above snack choices.

😊 Water, coffee, tea or a sugar free beverage can be included as needed.