

Diabetes Snack Ideas

Free snacks: less than 5 grams carb *and* less than 20 calories
(note: these snacks will not prevent or treat low blood sugar)

sugar-free jello with 2 Tbsp light whipped topping
1 sugar-free popsicle
raw veggies or green salad with fat-free Italian dressing
1/2 cup sliced jicama, sprinkled with fresh lime juice
8 oz V-8 Diet Splash

Light snacks: 15-20 grams of carb and 6 grams of fat *or less*

15 baby carrots with 2 Tbsp light ranch dressing
1/2 large banana
1 small fruit
1 1/4 cups whole strawberries
15 grapes (try them frozen!)
12 oz Light cranberry juice mixed with diet lemon-lime soda or mineral water (make a spritzer)
1 small apple baked in oven or microwave, cored and topped with:
 1-2 Tbsp sugar-free pancake syrup and 1 Tbsp chopped nuts
 OR cinnamon-Splenda and 2 Tbsp light whipped topping
1/2 cup canned fruit packed in juice or extra-light syrup,
 plus 1/2 cup low-fat cottage cheese

4-5 Ak-Mak crackers with 2 Tbsp humus dip
1 corn tortilla with 1 string cheese (make a quesadilla)
1 string cheese and 4 reduced-fat Triscuits
12 reduced-fat wheat thins
10-12 baked chips with salsa
25 Genisoy Soy Crisps (many flavors)
28 Pepperidge Farm goldfish crackers
1 All-Bran bar OR 1 Kashi chewy granola bar OR 1 Pria bar
6 vanilla wafers
1 whole graham cracker and 1/2 cup milk
1 slice toast with 2 tsp light margarine and 2 tsp Smucker's Low Sugar jam

2 no-sugar-added Fudgesicle pops OR 1 Healthy Choice fudgebar OR 1 Blue Bunny bar
2 Dole OR Dreyer's no-sugar-added fruit pops
1/2 cup sugar-free pudding
1/2 cup no-sugar-added ice cream
1 diet root beer with 1/2 cup no-sugar-added ice cream (make a float!)
6-8 oz light yogurt
1 cup no-sugar-added hot chocolate
1 cup chocolate Silk soymilk