

Sensible Snacks

For people living with diabetes

This handout gives ideas for healthy snacks for people who are living with diabetes.

Are snacks healthy?

Snacks can be a part of a healthy meal plan and can include a variety of foods. They can also be included as part of your meal plan, if needed, to help keep your blood glucose levels in healthy ranges.

- You may need a snack if:
 - Your meal will be later than usual.
 - You are more active than usual.
 - Your blood glucose level is low between meals or before bed.
- When you have a snack, aim for 1 carbohydrate choice or less. This is 0 to 15 grams carbohydrates.
- If weight loss is your goal, choose foods that are high in fiber and low in calories and fat.

Please note that if you are eating a snack to treat *hypoglycemia* (low blood glucose), you will need at least 15 grams of simple carbohydrates such as juice, soda, or sugar candies. See our handout “Hypoglycemia” to learn more about how to treat low blood glucose.

Healthy Snack Ideas

These snacks equal 1 carbohydrate choice, or 15 grams of carbohydrate.

- 1 small piece of fruit with plain peanut butter (no sugar added)
- ½ cup of fruit salad with cottage cheese
- ½ English muffin or 1 oz. whole grain bread with mashed avocado
- 2 brown rice cakes with almond butter
- 5 small wheat crackers with string cheese
- 10 tortilla chips and *pico de gallo* salsa
- ½ cup hummus with raw veggies
- ½ turkey sandwich on whole grain bread
- 6 ounces yogurt (1 small container)



3 cups light or air-popped popcorn have 15 grams of carbohydrate.

- ¼ cup trail mix with dried fruit and nuts
- 3 cups popcorn
- 1 cup edamame
- 1 cup bean soup

Very-Low Carbohydrate Snack Ideas

These foods have little to no carbohydrate and can help make you feel full:

- Raw veggies with ranch or other dressing
- Handful of nuts such as peanuts or almonds
- 5 olives*
- 1 hard-boiled egg
- 1 cup chicken, bone, or veggie broth*
- 1 package dried seaweed
- Salad with greens and veggies and vinaigrette
- 1 stick of mozzarella string cheese
- Sliced avocado with lemon

* *These foods are high in sodium (salt).*

Treats to Eat Less Often

These snacks are equal to 1 carbohydrate choice, or 15 grams of carbohydrates. Always read the Nutrition Facts label on packaged foods for the most accurate data.

- 1 to 2 small cookies
- ½ cup ice cream
- 1 small (Halloween size) candy bar
- 1 small piece of cake
- 8 animal crackers
- 1 frozen fruit popsicle

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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