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## HEALTHY SNACK IDEAS

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When choosing a snack, try combinations of foods from the basic food groups. The snacks below are controlled in calories and carbohydrates and can fit into all healthy eating plans. Eating portioned-controlled meals with snacks can help you control blood glucose levels and your weight.

- 2 slices lite whole wheat bread with 1 TBSP sugar-free jam or jelly (100 calories, 15 grams carb)
- 2 slices lite raisin bread with cinnamon & 2 tsp lite margarine without trans fatty acids (such as Smart Balance) (90 calories, 15 grams carb)
- 1 low fat frozen waffle with  $\frac{1}{2}$  cup frozen berries (unsweetened) (110 calories, 25 grams carb)
- 1 low fat frozen waffle with sugar-free syrup (70 calories, 15 grams carb)
- 2 slices lite WW bread with 1 TBSP peanut butter & 1 TBSP sugar-free jam or jelly (200 calories, 15 grams carb)
- 1 slice lite WW bread with 1 wedge Laughing Cow lite cheese spread & 2 tsp sugar-free jam (75 calories, 15 grams carb)

- 2 ounces turkey, chicken or tuna on 2 slices lite bread with 1 TBSP lite mayonnaise (200 calories, 15 grams carb)
- 1 cup fat free yogurt sweetened with nonnutritive sweetener or fructose (120 to 130 calories, 20-24 grams carb) Add 2 TBSP grapenuts to yogurt (160-170 calories, 28-32 grams carb)
- $\frac{1}{2}$  cup cottage cheese with  $\frac{3}{4}$  cup frozen or fresh blueberries (150 calories, 15 grams carb)
- 1 cup vanilla or chocolate soy milk (120 calories, 15 grams carb)
- Soy milk shake (1 cup soy milk,  $\frac{1}{2}$  cup berries & ice cubes blended) (160 calories, 25 grams carb)
- 1 packet instant regular oatmeal with  $\frac{1}{2}$  cup blueberries (140 calories, 30 grams carb)
- 1 packet regular oatmeal with cinnamon & non-nutritive sweetener (100 calories, 20 grams carb)
- $\frac{3}{4}$  cup whole grain cereal & 1 cup skim milk (170 calories, 30 grams carb)
- $\frac{3}{4}$  cup whole grain cereal (80 calories, 15 grams carb)
- 1 WW english muffin with 2 tsp lite margarine & 1 TBSP sugar-free jam or jelly (140 calories, 25 grams carb)
- 1 medium fresh fruit (60 calories, 15 grams carb)
- 2 cups salad with 2 TBSP olive oil salad dressing (100 calories, 10 grams carb)

- 1 cup raw vegetables with fat free dip (100 calories, 5 grams carb)
- 1 cup cooked non-starchy vegetable with 1 tsp lite margarine (65 calories, 10 grams carb)
- 1 ounce Cabot Vermont 75% less fat cheddar cheese (or any cheese with 3 grams fat or less/oz) & 8 Kashi crackers (or any cracker without hydrogenated fats) (130 calories, 10 grams carb)
- 1 TBSP almond butter, peanut butter or other nut butter & 8 Kashi crackers (170 calories, 10 grams carb)
- 3TBSP Hummus & 8 Kashi crackers (140 calories, 20 grams carb)
- 1 small pita pocket & 3TBSP Hummus (160 calories, 25 grams carb)
- 40 peanuts (160 calories, 5 grams carb)
- $\frac{1}{4}$  cup sesame seeds (200 calories, 5 grams carb)
- $\frac{1}{3}$  cup soy nuts (200 calories, 10 grams carb)
- 1 hard boiled egg (75 calories, 0 carb)
- 1 medium apple with 1 TBSP nut butter (160 calories, 15 grams carb)
- 2 celery stalks and 1 TBSP nut butter (100 calories, 0 carb)