

<u>15 g Carbohydrates</u> • 3 cups air popped popcorn • 7 whole wheat soda crackers • 5 Triscuits, low sodium • 6-inch whole wheat tortilla or pita • 1 slice of whole wheat bread • $\frac{3}{4}$ cup oatmeal • 1 cup blueberries • 1 high fibre granola bar • 1 medium apple, orange or 1 small pear • 1 cup cantaloupe, honeydew or watermelon • 15 grapes or cherries • 1 small banana or $\frac{1}{2}$ large banana • 1 cup vegetable juice, low sodium • $\frac{1}{2}$ cup unsweetened apple sauce	<u>Carbs & Protein</u> • $\frac{1}{2}$ cup Greek yogurt • $\frac{1}{2}$ cup yogurt, fruit flavoured • 1 cup yogurt, artificially sweetened • 200 ml drinkable yogurt • 1 cup 1 % or skim milk • 1 cup fortified soy beverage, unsweetened • $\frac{1}{2}$ cup pudding made with skim milk, no sugar added • $\frac{1}{2}$ cup dry roasted chickpeas • $\frac{1}{4}$ cup trail mix	<u>Protein Sources</u> • 1 ounce of skinless chicken, turkey or lean red meat • $\frac{1}{4}$ cup canned chicken or fish, low sodium • 1 ounce jerky, low sodium • 1 egg • 1 cup edamame pods • $\frac{1}{4}$ cup of unsalted nuts or seeds • 1 tablespoon peanut butter • 2 tablespoons hummus • 1 ounce low-fat cheese • $\frac{1}{4}$ cup cottage cheese
<u>Do I Need a Snack?</u> Not everyone needs a snack. However, if you get hungry between meals, or your meals are far apart you may want to have a snack. Some people with diabetes on insulin or taking certain medications may need snacks to help control their blood sugar levels.	<u>Choosing Snacks:</u> Snacks that contain both carbohydrates and protein can help manage blood sugar levels and keep you feeling fuller for longer. Choose one item from the “15 g of Carbohydrates” section and then one item from the “Protein Sources” section, or an item from the “Carbs and Protein” section.	<u>Other Considerations:</u> Vegetables have low levels of carbohydrates, so you can include them in addition to the rest of your snack to add fibre, vitamins and minerals. Consider snacks low in added sugar, fat, and salt for overall health. Ask your registered dietitian or diabetes educator if you have any questions or concerns.



Small snacks (0 to 10 g carbohydrate)

- 1 cup veggies with salad dressing or dip (example: low fat plain greek yogurt with dill or taco seasoning)
- 1 large salad with salad dressing
- Celery with 1 to 2 tbsp peanut butter
- 1 cup strawberries
- Tuna salad lettuce wraps
- 1 small can of tuna/salmon/sardines
- 1 hard boiled egg
- Sliced cucumber with small spread of cream cheese plus seasoning like dill or hot sauce
- 1/4 cup salsa + 1/4 cup black beans + sprinkle of grated cheese on a leaf of romaine lettuce
- 1/2 cup cottage cheese with sliced green onions or a sprinkle of cinnamon or 1/4 cup berries
- 2 tbsp hummus + favorite sliced veggies

Medium snacks (15 to 20 g carbohydrate)

- 4 Melba toasts® or 1 slice wholewheat toast with 1 tbsp peanut butter
- ½ whole wheat bun with pizza sauce and toppings (baked in oven)
- 1½ cup tomato juice with 1 wedge of low fat cheese
- 1 cup milk with ¼ cup almonds
- ½ whole wheat pita with 2 tbsp hummus
- ¼ cup cottage cheese with 1 small fruit or 1 cup mixed berries
- 1 apple or small banana with 1 tbsp peanut butter
- 3 cup air-popped popcorn with 2 tbsp parmesan cheese
- Open faced sandwich (1 slice whole wheat bread with lean meat or cheese, lettuce, tomato and other vegetable toppings as desired)
- ½ cup berries with ½ cup yogurt and 1 tbsp fibre (example: ground flax or bran buds™)
- 20 baked tortilla chips with melted cheddar cheese, peppers and salsa
- ¼ cup unsalted nuts and 1 small fruit
- 4 graham crackers with 1 tbsp peanut butter

Large snacks (30 g carbohydrate)

- 1 whole wheat english muffin with 1 tbsp peanut butter and 1 tsp no sugar added jam
- 1 cup high fibre cereal with ½ cup milk and 1/4 cup crushed nuts
- Fruit smoothie (example: ½ cup yogurt, ½ cup milk, ½ banana, 2 ice cubes, 2 drops of vanilla)
- 1 sandwich with lean meat, vegetables (example: lettuce, tomato) on 2 slices of whole wheat bread
- 1 small bran or oatmeal muffin with 1 slice cheese or 1 tbsp peanut butter
- 4 Melba toasts® with 1 slice cheese and 1 cup milk
- ½ bagel with 1 tbsp cream cheese or peanut butter
- ½ of a 6 inch whole wheat pita with 1/3 cup hummus
- Yogurt parfait (example: ½ cup berries, ½ cup yogurt, 1/3 cup bran buds)

