

Healthy Snack Combinations Based on Carbohydrate Quantities

	For a 0-5 grams CHO snack	For a 10-20 grams CHO snack
<p>Fun Dippers! Choose a dip below plus a “stick” to your right:</p> <ul style="list-style-type: none"> • 2 tbsp hummus • 1 tbsp peanut butter/tahini/nut butter • 1 tbsp low fat ranch dressing • 2 tbsp plain greek yogurt 	<p>1 cup raw vegetables:</p> <ul style="list-style-type: none"> • baby carrots • 3 celery stalks • 1 cup raw green beans • 5 asparagus spears • 1 cup cucumber spears 	<ul style="list-style-type: none"> • 15 mini pretzel sticks • 8 pita chips • 10 nut or rice crackers • 3 graham cracker squares • <i>Sweet potato fries</i> (1/2 cup, 3.5 oz): cut potato into wedges, lightly spray with olive oil, sprinkle with your favorite herb seasoning, bake at 425 for 30 minutes • 1 cup melon spears • 1 small (4 oz) apple or pear, sliced
<p>Wrap it up! Choose a filler below plus a wrap to your right:</p> <ul style="list-style-type: none"> • 1 slice deli meat + 1 slice cheese • 1 slice cheese + 1 tbsp hummus + a few diced cherry tomatoes • 1/3 cup prepared tuna salad 	<ul style="list-style-type: none"> • 1 large romaine lettuce, swiss chard, or collard green leaf 	<ul style="list-style-type: none"> • 1 six-inch flour or corn tortilla • 1/2 six-inch whole wheat pita pocket
<p>Crunch and munch! Try some of the given snacks when you’re longing for a good crunch:</p>	<ul style="list-style-type: none"> • 1/3 cup dried/steamed edamame • 1 cup raw vegetables • <i>PB&J Wannabe</i>: 10 peanuts + 6 grapes • 1 cup air-popped popcorn, sprinkled with your favorite herb seasoning • 1/4 cup fresh blueberries or blackberries 	<ul style="list-style-type: none"> • <i>Trail mix</i>: 1/4 cup mix of dried fruit, nuts, chocolate chips, whole grain cereal • 1 small apple + 1 tbsp peanut butter/nut butter • 1/3 cup hummus + 1 cup of chopped raw vegetables • <i>Ants on a log</i>: 3 small celery sticks + 1 tbsp peanut butter + 2 tsp raisins • 13 baked tortilla chips + 1/4 cup salsa • 1/4 cup granola + 1/2 cup unsweetened almond milk • <i>Frozen monkey</i>: 1/2 medium banana, sliced lengthwise, spread 1 tbsp peanut butter + dash of cinnamon before closing again and freezing
<p>Smooth to soothe...</p>	<ul style="list-style-type: none"> • <i>Deviled eggs</i>: 1 hardboiled egg, halved, filled with mashed yolk + 1 tsp mayo + dash of paprika • 1/2 cup cottage cheese + 1/4 cup fresh berries • 1/2 cup sugar-free gelatin 	<ul style="list-style-type: none"> • 1 cup unsweetened apple sauce + dash of cinnamon • 2/3 cup plain or sugar-free fruited yogurt topped with 1 tbsp sliced almonds • 1/2 cup cottage cheese + 1/4 cup fresh berries 1 cup milk; skim/low fat/whole • 1 cup soup (vegetable, tomato, squash, chicken noodle) • 1/2 cup cooked oatmeal + 2 tsp dried fruit

Other Useful Snacking Tips:

When in doubt, measure it out! Remember to use your measuring cups and spoons to keep portions in check.

If counting carbohydrates, be sure to count the carbohydrates from your snacks into your overall plan for the day as well!

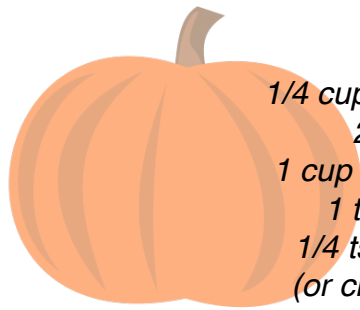
Ask a parent or guardian to help you choose healthy snacks at the grocery store and help prepare them at home!

If on an insulin regimen, be sure to bolus the correct amount of insulin before your snack based on how many carbohydrates you are eating.

Yummy Smoothies for Diabetes

Following a diabetes meal plan does not mean that you cannot have tasty, sweet treats - especially when these treats are made from whole foods. One treat that comes to mind is a smoothie! Smoothies can be nutrient-packed, containing whole fruits and vegetables along with calcium- and protein-rich dairy as yogurt or low fat milk.

When it comes to fruit, some are better than others in terms glycemic index, which is a measure of how high these foods will spike your blood sugar. Some low glycemic fruits include berries, apples, and peaches. Also some low glycemic vegetables that are great additions to smoothies include spinach and carrots, to name a few. The benefit of enjoying whole fruits and vegetables, rather than fruit juice, is the fiber that can help to keep our blood sugar in check. Smoothies keep that fiber, especially if you include your apple peels, orange pulp, and berry seeds. In the end though, it is important to remember that natural sugar is still a carbohydrate, so be sure to count your fruit carbohydrates as part of your daily meal plan. **All of the following recipes are 20-30 grams of carbohydrate...**



Pumpkin Pie

1/4 cup canned pure pumpkin
2 tbsp rolled oats
1 cup unsweetened soy milk
1 tsp honey or agave
1/4 tsp pumpkin pie spice
(or cinnamon and nutmeg)
6 ice cubes



Carrot Cake

1/2 cup baby carrots, diced
1/2 small banana, frozen
1/2 cup plain greek yogurt
(or sugar free vanilla)
1/2 cup unsweetened almond milk
1/4 tsp cinnamon
pinch of ginger and nutmeg



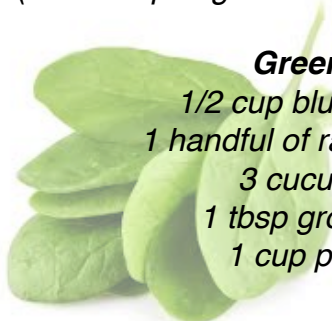
Strawberry Fields

1/2 cup strawberries, frozen
1 handful of raw spinach
1 cup unsweetened soy milk
1/2 cup plain greek yogurt
(or 1/2 cup sugar free strawberry or vanilla yogurt)



Peach Pie

1 small peach, pitted
1/2 cup low fat milk
1/2 cup sugar free vanilla yogurt
1/4 tsp cinnamon
6 ice cubes



Green Machine

1/2 cup blueberries, frozen
1 handful of raw spinach or kale
3 cucumber slices
1 tbsp ground flax seed
1 cup plain soy milk



Coco Banana Blast

1 small banana, frozen
1 tbsp peanut butter
1/2 tbsp unsweetened cocoa powder
1 cup unsweetened soy milk