

# Snacks can be healthy and tasty.

Options from AdventHealth Diabetes Institute Orlando

## Carb Snacks

(about 15 grams carbohydrate)

- 4 oz. milk + 2 graham cracker squares
- 1/3 cup hummus with raw vegetables
- 3 cups lite popcorn
- 6 oz. light yogurt
- 1 small fresh fruit
- 8 animal crackers
- 1 granola bar
- 1/2 cup sugar-free pudding

## Carb Snacks WITH Protein

(about 15 grams carbohydrate)

- 4-6 whole wheat crackers with 1 Tbsp. nut butter
- 1/4 cup cottage cheese with 1/2 cup light canned fruit
- 1/2 cup **plain** Greek yogurt with 1/2 banana and cinnamon
- 1/2 sandwich: cheese, sliced meat, tuna or egg salad
- 1/2 English muffin with tomato slice and cheese
- 2 rice cakes with 1 Tbsp. nut butter
- 1/2 cup whole grain or bran cereal with 2 Tbsp. nuts
- 1/4 cup honey roasted nuts
- 1 string cheese with 1/2 cup applesauce
- 2 Tbsp. dried fruit with 2 Tbsp. whole nuts

## I don't NEED a snack, but I want one.

- 1 cup raw vegetables with 2 Tbsp. light salad dressing
- Tomato slices, topped with low-fat mozzarella and basil
- Low-fat cheese stick
- Sugar-free gelatin
- 2 Tbsp. of nuts
- 1 cup of 30 calorie almond milk

**Limit to 150 calories per snack**

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