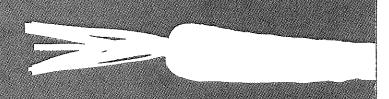
Snack ideas



Living life to the fullest starts by doing all you can to keep your blood sugar in range. Try aiming for 15 grams (g) per snack, and always follow your healthcare professional's recommendations.

LESS THAN 5 G CARBOHYDRATES

 $\frac{1}{2}$ c sugar-free gelatin

1-inch-cube cheese
(cream, string, cheddar)

1 hard-boiled egg

2 tbsp pumpkin seeds

1 handful unsalted nuts

Non-starchy veggies 1 c cooked / 2 c raw

Carrots, celery, peppers

Leafy greens (bok choy, lettuce, kale, spinach)

Chayote, nopales, zucchini

Dips, spreads, dressings

1 tbsp peanut butter

2 tbsp hummus

¼ avocado

⅓ c tomato salsa

2 tbsp oil and vinegar

15 G CARBOHYDRATES

½ banana

1 c strawberries, papaya

1 small apple, peach, orange

3 c light popcorn

15-20 potato chips

12 thin wheat crackers

6 oz plain or sugar-free vogurt

½ c ice cream

Whole-grain granola bar

⅓ c black or pinto beans

1 quesadilla (6-inch corn tortilla; ¼ c shredded cheese)

³/₄ c raita (plain, lowfat yogurt; diced cucumber)









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