

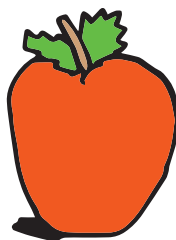
# How to make a **HEALTHY SNACK**

Whether or not you have diabetes, you probably like having a snack now and then. The goal is to choose healthy snacks. The snacks listed here may cause a small increase in blood sugar, but are *not* to be used to treat a low blood sugar problem.

To build your own snack, choose one (1) carbohydrate food and one (1) protein or healthy-fat food from each box.

**Measures:**

oz. = ounce  
tsp. = teaspoon  
tbsp. = tablespoon



**HEALTHY  
SNACK**

## CARBOHYDRATES (CARBS)

- 1 small apple
- 1 small sweet potato
- 1 small banana
- ½ cup of cooked plain oatmeal
- 1 small pear
- 1 ¼ cups of strawberries
- ¾ cup of blueberries
- 3 graham cracker squares
- 5 small whole-wheat crackers
- 1 slice of bread with 3 or more grams of fiber
- ¾ cup of unsweetened dry cereal



## PROTEINS AND HEALTHY FATS

- 1 tbsp. of peanut butter, almonds, or cashews
- 1 to 2 ounces (oz.) of chicken salad
- 1 to 2 oz. of skinned chicken
- 1 to 2 oz. of low-sodium turkey
- 2 oz. of tuna
- 1 hard-boiled egg
- 4 oz. of low-fat cottage cheese
- 1 string cheese or 1 slice of Swiss cheese
- 10 unsalted almonds or peanuts
- ¼ avocado
- 2 tbsp. of hummus
- 8 oz. glass of low-fat milk
- 6 oz. of low-fat or fat-free yogurt

**Note:** Always check with your doctor or diabetes educator before you make any change in your diabetes meal plan.