

# Healthy Snacks

- **Combine one item from first box with one from the second box to make a healthy and satisfying snack**
- **Remember that snacks are not necessary if you are not hungry**

## 15 g Carbohydrate

### Fruit:

1 medium fresh fruit (peach/orange/  
apple/pear)

1/2 banana

2 cups raspberries /blackberries/  
Strawberries

1 cup blueberries

15 grapes or cherries

1/4 cup dried fruit

1/2 cup applesauce

### Milk and Alternatives:

3/4 cup plain or artificially sweetened  
yogurt

1 cup (250 ml) skim or 1% or soy milk

### Grains and Starches:

1/2 whole wheat English muffin

1/2 cup bran cereal

Whole grain crackers— 3 Ryvita  
crackers or 5 Triscuits



## 0g Carbohydrate

### Protein

1 Light Babybel cheese

2 wedges Light Laughing Cow cheese

2-3 tablespoons shredded low-fat cheese

1 hard boiled egg

+

1/2 cup low fat cottage cheese

Nuts ( 6-10) or 1 tablespoon nut butter

1/4 cup canned tuna or salmon

1-2 tablespoons hummus

1/2 cup black bean salsa

1/4 cup edamame (green soybeans)

### Vegetables

Carrots/celery/tomatoes/cucumber

cauliflower/broccoli/peppers/etc.

**Remember that if your blood sugar is high and you are still hungry that vegetables and/or protein only foods would make great snacks!**



Rapids