

DIABETES AND NUTRITION EDUCATION

Snack Suggestions



MARSHALL
MEDICAL CENTER
It's about you

Between meal snacks are a great way to supply extra vitamins, minerals, and fiber needed for a healthy diet. Try these ideas!



- ½ toasted whole wheat English muffin
- 1 scrambled, cooked egg
- 2 slices of avocado

1 starch, 1 protein, 1 fat
(15 grams carbohydrates)



- 1 piece, or ½ cup fresh diced fruit
- 6oz. low fat, no added sugar greek yogurt

1 fruit, 2 protein
(15 grams carbohydrates)



- ½ cup non-instant hot cereal
- 1 tablespoon chopped nuts

1 starch, 1 protein, 1 fat
(15 grams carbohydrates)



- 1 slice whole wheat bread, toasted
- ¼ c tuna or egg salad

1 starch, 1 protein
(15 grams carbohydrates)



- ¼ cup cottage cheese
- ½ cup fresh diced fruit

1 fruit, 1 protein
(15 grams carbohydrates)



- guacamole and salsa
- 10 baked tortilla chips

1 starch, 1 fat
(15 grams carbohydrates)



- Half sandwich:
- 1 oz meat or cheese
 - 1 slice whole wheat bread
 - Lettuce and tomato
 - 1 tbsp light mayonnaise

1 starch, 1 protein, 1 fat
(15 grams carbohydrates)



- 1 oz. lowfat cheese
- 5-6 whole grain crackers

1 starch, 1 protein
(15 grams carbohydrates)



- 12 small pretzels
- 1 tablespoon peanut butter

1 starch, 1 protein
(15 grams carbohydrates)



- 12 whole almonds
- 1 cup milk

1 milk, 2 fats
(15 grams carbohydrates)



- Raw vegetables:
- Try carrots, celery, broccoli, cauliflower, cherry tomatoes
 - 2 tablespoons light ranch dressing

FREE!!
(0 grams carbohydrates)



- Celery sticks
- 2 tablespoons peanut butter
- 2 tablespoons raisins

1 fruit, 2 protein
(15 grams carbohydrates)