



Healthy Day Time Snacks

15 Grams of Carbohydrates or 1 Carbohydrate choice

- 1 small apple or orange
- 2 popcorn cakes
- 1 ½ graham crackers
- 1 low-fat ice cream
- 8 oz or 1 carton light yogurt
- 2 tbsp raisins
- ½ cup sugar-free pudding
- 18 small pretzel twists
- ½ small bagel + fat-free cream cheese
- 3 cups air popped or low-fat microwave popcorn
- 4-5 vanilla wafers, 5-6 saltines
- 1 fruit juice bar
- ½ cup unsweetened applesauce
- 1 fruit roll-up

30g of Carbohydrates or 2 carbohydrate choices

- 1 small bagel +fat free cream cheese
- 1 low-fat granola bar
- 4 oz individual fruit cup and 1 cup skim milk
- 2 caramel corn cakes
- 15 baked potato chips
- 2 fig cookies and 1 cup skim mil
- 1 oz baked tortilla chips with ¼ cup salsa
- 1 large banana or 2 small pieces of fruit
- 1 cup cheerios with ½ cup skim milk
- ¼ dried fruit
- 1 cereal bar
- 14 animal crackers and ½ cup skim milk
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- ❖ Encourage fresh fruit as a snack rather than juice, save the juice to treat low blood sugars.
- ❖ It's helpful if the child has what we call "free snacks" these snacks have zero or low carbs and can be used if the child is still hungry after a meal or snack without interfering with insulin dosage. Some options of these "free snacks" include: sugar free fruit popsicles, yogurt creamsicles, sugar free jello, baby carrots, string cheese, and almonds.