

Low Carbohydrate Snack Ideas

If you need a pick-me-up between meals, a snack with 15-20 grams of carbohydrate is often the answer. For someone with diabetes, it is important to eat a fiber and protein-filled snack to curb your appetite before the next meal.

Snack	Grams of Carbohydrate
Cheese Stick	0
Beef Jerky, 1 oz.	<1
<i>Jell-O</i> gel snack (individual cup 3.5 oz) Sugar Free	1
1 oz. assorted nuts (almonds, cashews, pistachios, etc.),	<5
Celery with peanut butter or cream cheese	<5
Kroger Carbmaster yogurt, 6 oz.	4
Hummus and veggies: dip bell peppers, celery, carrots, tomatoes, etc. in 2 T. Hummus	5
Kroger Lite Greek Yogurt, 6 oz.	8
5 Saltine crackers with peanut butter, tuna salad or sliced cheese on top.	10
2 Graham cracker squares with peanut butter	10
½ cup Sugar-free instant pudding (<i>Jell-O</i>)	11
1 cup skim or 1% milk	12
1 slice of bread with cheese or peanut butter	15

15 grapes (try them frozen for a cold treat)	15
1 oz. Flour or Corn Tortilla chips (about 15 chips) with Salsa	15
1 small pear or apple with string cheese	15
1 apple or ½ medium banana dipped in peanut butter	15
¾ c. cut, fresh pineapple and 1-2 ounces sliced deli ham on a skewer	15
Jell-O gel snack (individual cup 3.5 oz) Regular	17
½ Peanut butter and sugar-free jelly sandwich	17
Kroger Carbmaster yogurt with ¾ cup Berries	19
6 oz. Greek Yogurt (Chobani, Oikos, Yoplait, Fage)	10-19 (depends on the brand)
2 Graham cracker squares topped with 1 T light cream cheese and topped with ¼ cup halved grapes	20
1 slice whole wheat toast with ¼ mashed avocado and sliced tomato on top. Sprinkle with garlic salt.	20
1 slice whole grain bread topped with mushrooms, tomato slices & Mozzarella cheese, broiled	20
6 oz. Greek vanilla-flavored yogurt with 1/3 cup fresh raspberries and 3 tablespoons puffed wheat cereal.	20
2 rye crisps topped with 2 tablespoons light onion-flavored cream cheese and ¼ cup sliced cucumber	20
15 Wheat Thins with ½ cup cottage cheese	20
1 oz. Pretzels with peanut butter or string cheese	25

