

## **Carbohydrate Controlled Snacks**

To avoid hyperglycemia prior to your meals, take a look at the snacks you consume. Are they high in carbohydrates (> 30 gms), especially refined carbohydrates? If so, this could negatively affect your diabetes control.

Never fear! There are many foods to snack on without excessively raising your blood sugar. Simply switching to a high fiber or high protein, low carbohydrate snack can make a big difference in your blood sugar readings. Furthermore, snacking on nutritious foods often leads to healthier choices at mealtime. Review the following examples below to find which snacks will fit into your meal plan.

<b>High Fiber (&gt;2 grams fiber)</b>	<b>Nutrient Content</b>
1 small orange, peach or apple	15 gms carb, 60 Calories
20 seedless grapes	18 gms carb, 72 Calories
8 baby carrots with ¼ cup hummus	16 gms carb, 172 Calories
15 baby carrots with 2 Tbsp low-fat ranch dressing	20 gms carb, 126 Calories
¾ cup dry Cheerios cereal	15 gms carb, 75 Calories
3 cups plain popcorn (about ½ of a bag of popcorn)	18 gms carb, 93 Calories
1 Fiber One bar	30 gms carb, 140 Calories

<b>Low Calorie (&lt;100 Calories)</b>	<b>Nutrient Content</b>
Sugar-Free Jell-O gelatin	0 gms carb, 10 Calories
Sugar-Free pudding	15 gms carb, 60 Calories

<b>High Fiber &amp; High Protein</b>	<b>Nutrient Content</b>
3 graham crackers (2 ½ inch square) with 1 Tbsp natural peanut butter	18 gms carb, 6 gms protein, 190 Calories
1 whole-wheat English muffin with 1 Tbsp peanut butter	28 gms carb, 9 gms protein, 230 Calories
½ cup low-fat cottage cheese with 1 cup strawberries	15 gms carb, 14 gms protein, 150 Calories
1 Luna bar	26-28 gms carb, 10 gms protein, 170-180 Calories
¼ cup nuts	7 gms carb, 200 Calories
5 Akmak crackers with 2 wedges of light Laughing Cow cheese	23 gms carb, 10 gms protein, 186 Calories

<b>High Protein (&gt;4 grams protein)</b>	<b>Nutrient Content</b>
5-6 oz. vanilla Greek yogurt	15 gms carb, 15 gms protein, 110 Calories
4 pieces celery with 2 Tbsp Peanut Butter	6 gms carb, 8 gms protein, 190 Calories
2 Turkey Roll-ups (1 slice low-fat Swiss cheese rolled into 1 slice deli turkey meat)	4 gms carb, 23 gms protein, 144 Calories