

Healthy Snack Ideas

Snacks with 15-30 grams of carbohydrates + a **protein** or a fat will help keep you full and your blood sugars stable.



- ∴ Dried fish + 5 crackers
- ∴ 1 hard-boiled egg + 1 TBSP. ranch dressing
- ∴ 10 almonds or walnuts + 1 small apple
- ∴ 3 oz. chicken + 1 slice of bread + avocado
- ∴ 1 oz. mozzarella cheese + ½ banana
- ∴ 3 squares of graham crackers + 1 TBSP. peanut-butter



- ∴ 3 cups popped popcorn + 1 square dark chocolate
- ∴ ¾ cup pretzels + Dijon mustard + 1 oz. cheese
- ∴ 8 crackers + ½ can light tuna in water
- ∴ ¼ cup hummus + vegetables
- ∴ ¼ cup guacamole + 8 tortilla chips
- ∴ 6 oz. Greek yogurt



- ∴ 1 cup light cottage cheese + ¾ cup berries
- ∴ 2 oz. deli meat + 1 slice bread + mayonnaise
- ∴ 2 TBS raisins + peanuts
- ∴ ½ cup cereal + 1 cup milk + boiled egg
- ∴ Salmon spread + 10 crackers + celery
- ∴ 1 slice bread + avocado slices + herbs
- ∴ ¾ cup blueberries + ½ cup milk + 10 almonds
- ∴ Steamed broccoli + 2 oz. cheese + ½ baked potato
- ∴ 8 crackers + 2 TBSP. low-fat cream cheese

