

# DIABETIC-FRIENDLY

## Snack Ideas

### Morning

- ½ banana (1 cho) + 2 tbsp PB (protein & fat)
- ½ cup blueberries (1 cho) + ½ cup plain greek yogurt (protein & fat)
- 15 small pretzels (1 cho) + 1 string cheese (prot & fat)
- ½ small bagel (1 cho) + 1 tbsp cream cheese (prot & fat)
- 2 tbsps raisins (1 cho) + 2 tbsp nuts & seeds (prot & fat)
- ¼ cup dried fruit (1 cho) + ½ cup milk (prot & fat)
- ¼ cup granola (1 cho) + ½ cup milk (prot & fat)

- 1 small apple (1 cho) + ¼ cup cottage cheese (prot & fat)
- ½ cup baby carrots (1 cho) + ⅓ cup hummus (prot & fat)
- 5 Triscuit crackers (1 cho) + 1 tbsp cream cheese (prot & fat)
- ½ egg sandwich = 1 slice whole wheat bread (1 cho) + 1 boiled egg (fat & protein)
- 1 oz bag chips + 1 string cheese (prot & fat)
- 3 cups popcorn (1 cho) + 1 oz nuts (prot & fat)

### Afternoon

- 6 sugar free yogurt (1 cho) + 2 tbsp nuts (prot & fat)
- 1 slice whole wheat bread (1 cho) + 1 turkey slice (prot) + 1 cheese slice (fat)
- 1 slice whole what bread (1 cho) + 1 tbsp PB (prot & fat)
- 6 whole wheat crackers + ⅓ cup hummus (prot & fat)
- 5 Triscuit crackers (1 cho) + 3 oz tuna (prot)
- Chia seed pudding: ¼ cup berries & 2 tbsp chia seeds (1 cho) + ½ cup milk (prot & fat)

### Before Bed