



Snack List for Asian Americans

There is misinformation that someone with diabetes needs to snack between meals - it is not true and snacks are not always required. Only eat if you are hungry.

These snacks are not for bringing up your blood glucose. If you have low blood glucose (hypoglycemia), see Chapter 6 "Living with Diabetes" for treatment.

If you are pregnant, try to eat something at least every 4 hours. If it is not yet your meal time, pick a snack that has 15 grams of carbohydrates.

Minimal Carbohydrates:

1. Fresh vegetable juice or low sodium vegetable juice
2. Boiled string beans and carrots
3. Sliced cucumber with low sodium miso dip
4. Sugar-free gelatin or jelly grass with ¼ cup skim evaporated milk
5. Mixed vegetable soup
6. Sugar-free popsicle
7. Seaweeds
8. Unsalted nuts
9. Hard boiled eggs
10. String cheese

10-15 gram Carbohydrates:

1. ¾ cup edamame (cooked)
2. 1 cup plain soy milk
3. 1 cup plain milk
4. 1 cup Greek yogurt with ½ cup berries
5. 1 slice whole wheat toast with 1 tablespoon peanut butter
6. 1 slice whole wheat toast with egg or cheese
7. 1 small piece of fruit with nuts
8. ¼ cup unsalted nuts with 2 tablespoon raisins
9. 4-5 whole grain crackers with cheese or peanut butter
10. Granola bars/Snack bars*

**Remember to check the label to determine the serving size of snack bars.*

Notes:

- "Sugar-free" does NOT mean "carbohydrate-free"! Many sugar-free foods still contain carbohydrates.
- Packaged snacks usually contain more sodium; choose those with less than 140 mg per serving
- Work towards your target fiber goals for the day by choosing high fiber snacks