

Have a craving or need some extra fuel to get through the day? Try some of these tasty and healthy snacks!

Below are snack ideas that can be used with your individual meal plan. Depending on your medication regimen or lifestyle, you may need different snack amounts throughout the day. Snacks with less than 10 grams of carbohydrate (carb) are called “low carbohydrate” snacks and usually do not raise blood glucose as long as you eat no more than the recommended portion. Your dietitian can give you more specific guidelines for snacks.

Low Calorie Snacks (Consider these “free foods” if eating less than 3 servings)

1. Fresh vegetable juice or low sodium vegetable juice
 2. Boiled string beans and carrots wrapped in low sodium seaweed
 3. Sliced cucumber with miso dip (1T low sodium miso and ½ T vinegar)
 4. Sugar-free gelatin or jelly grass with ¼ cup skim evaporated milk
 5. Mixed vegetable soup (See idea list)
 6. Sugar-free popsicle
 7. Vegetable salads (See idea list)
- “Sugar-free” does **NOT** mean “carbohydrate-free”! Many sugar-free foods still contain carbohydrate.
 - Check your portion size. How does it compare with the serving size on the food label?
 - 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!
 - Snacking can be fun and healthy. A little planning is all it takes!

10g Low Carbohydrate Snacks (Each snack serving contains less than 10 g carbs)

1. Edamame, boiled or steamed, **Combine with other veggies to make salad, 1 cup*
2. Steamed egg (1) in low sodium broth or water, **Can add mushroom, scallions, ginger*
3. Hard-boiled egg, 1
4. Unsweetened soy milk, 1 cup
5. Almond milk, plain, 1 cup
6. Tofu pudding, 1 cup, **Boiling Splenda with ginger slices can be a dessert syrup*
7. Low sodium and non sugar-coated nuts, a handful (about ¼ cup)
8. Light or low carb yogurt, ¾ cup
9. Low-carb bread, 1 slice with ½ T peanut butter or low-fat cheese
10. Sliced bell peppers with dip, **Try imitation crab meat (2 oz with 2 tsp. light mayo and cilantro!)*
11. Sugar-free fudgesicle, 1

15g 15 grams Carbohydrate Snack (Each snack serving contains about 15 g carbs)

1. A small piece of fruit (size of a baseball)
2. ½ cup hummus with celery and carrots
3. ½ cup applesauce (no sugar added)
4. Low fat light-style yogurt, 6-8 oz cup (read labels)
5. Sugar-free pudding, ½ cup
6. Sugar-free hot chocolate, 1 cup
7. 4-5 whole grain crackers
8. Salad with ½ cup of mixed beans, Konnyaku with light salad dressing
9. 1 slice whole wheat bread with 1 T peanut butter
10. Hard-boiled egg or scrambled egg on 1 slice of whole wheat toast
11. Granola bars/Snack bars**

**Remember to check the label to determine the serving size.

30_g

30 grams Carbohydrate Snacks with Protein

(Each snack serving is about 30 g carbohydrate and protein. This can also be used as a light meal)

1. Tuna Onigiri: brown rice ball (5 oz) with tuna and light mayo fillings
2. 6 dumplings boiled in broth, **Can eat with vegetables!*
3. 2 Summer Rolls (Vietnamese style) with 1 T peanut sauce
4. 7-10 wontons in soup or pan fried
5. Light yogurt (varies from 19-25 g carbs) (3/4 cup) and ¼ cup nuts
6. 1 cup oatmeal and 1T peanut butter
7. Cottage cheese (8 oz, low fat) with one of the following:
 - a. A large fruit
 - b. 4 rice cakes
 - c. 6 Wasa crackers
8. 1 medium banana or apple and 1T peanut butter
9. Light string cheese and 1 medium fruit
10. Small fruit with ¼ cup nuts and 4 oz. light yogurt
11. Lowfat cheese (2 slices) or 2 T light cream cheese or 1T peanut butter with crackers
(see choices above)

***Abbreviations**

T= tablespoon, tsp = teaspoon

Eating Well + Exercise = A Healthier You!

Delicious Recipe Ideas

Salads

Non-starchy vegetables are free foods so you can adjust the portions each vegetable as you like.

1. Combine celery, yellow bell pepper, tomatoes, and a sliced small apple with 6 oz light vanilla yogurt.
2. Cook Napa cabbage, string beans and sliced carrots in low-sodium broth. Once softened, wrap sliced string beans and carrots in a piece of Napa cabbage.
3. Slice cucumber (slightly boiled in low sodium broth) into pieces; sprinkle with sesame seeds and light sesame dressing.
4. Slice tomato into large pieces; add tuna paste (see recipe)

Tuna Paste (2 servings)

- 1 T Dijon mustard
 - 1 T light mayonnaise
 - Pinch black pepper
 - 6 oz light albacore tuna
 - 1 tsp olive oil
 - 1 T minced shallot
 - 1 T chopped celery
5. Combine iceberg lettuce, carrots, red bell peppers, and summer squash, cut into pieces and boiled edamame. Add light Italian or vinegar dressing.

Soups

6. **Mushroom Soup:** Slice shiitake mushrooms, needle mushrooms, and oyster mushrooms and boil in low sodium chicken broth. Add 1 T olive oil and pinch of basil when done.
7. **Mung Bean Soup:** Combine mung beans, sliced carrots and tomatoes; boil in low sodium broth.
8. **Burdock Konnyaku Soup:** 2 oz burdock root and Konnyaku cut in cubes, sliced carrots, 1 T sliced ginger. Boil all ingredients into low sodium chicken broth.
9. **Soft Tofu Soup:** 3 oz soft tofu, cut in cubes. Add 1 T chopped scallions and 1 cup winter melon cut in cubes. Boil all ingredients in low sodium broth.
10. **Wood Ear Napa Soup:** Combine ½ cup Napa cabbage, cut in pieces; 3 oz. tofu, 1 oz. needle mushroom and ½ cup wood ear, soaked in water. Boil all ingredients in low sodium chicken broth until soft. Add 1 T olive oil after turning off the heat.