

Counting carbohydrates can help people with diabetes manage their blood sugar levels. Women with diabetes usually need snacks with 15 to 30 grams of carbohydrate and snacks for men are usually 30 to 45 grams of carbohydrate. Choose foods that contain protein, fiber and healthy fats. Talk to your diabetes educator or dietitian to find out how many snack carbohydrates are right for you.

Here are some snacks or small meals that you may want to include in your diet:

- 1 small piece of fruit and about 6 to 10 nuts = 15 grams of carbohydrate.
- Whole-wheat crackers (5 Triscuits® or 11 Wheat Thins®) and 1 slice of low fat cheese = 15 grams of carbohydrate.
- 1/3 cup hummus with 1 cup raw veggies = 15 to 20 grams of carbohydrate.
- ½ peanut butter sandwich made with 1 tablespoon peanut butter on whole-grain wheat bread or on ½ english muffin = 15 grams of carbohydrate.
- 6 inch tortilla with 1 to 2 ounces chicken or turkey, 1 teaspoon reduced fat mayo, tomato, and lettuce = 15 grams of carbohydrate.
- 1 cup celery sticks with 2 tablespoon peanut butter and a small apple = 18 grams of carbohydrate.
- 1 hard-boiled egg and 1 small piece of fruit = 15 grams of carbohydrate.
- 3 cups non-fat or low-fat popcorn and 6 to 10 nuts = 15 grams of carbohydrate.
- Granola bar with 15 to 20 grams of carbohydrate such as Fiber One® bars, KIND® bars, Kashi® bars, or Kellogg's Special K® protein bars.
- Yogurt/Greek yogurt that contains 12 to 16 grams of carbohydrate.
- ¼ cup cottage cheese with 1 small piece of fresh fruit or ½ cup canned fruit packed in its own juice = 15 grams of carbohydrate
- Tuna salad with 5 Triscuits® or 11 Wheat Thins® = 19 grams of carbohydrate
- ½ cup sugar-free pudding and 6 to 10 nuts = 15 grams of carbohydrate
- ½ cup edamame and 6 Artisan Nut-Thins® crackers = 15 grams of carbohydrate
- 1 packet of Quaker® Fiber and Protein oatmeal = 28 grams of carbohydrate
- ½ cup sugar free pudding with 6 to 10 nuts = 15 grams of carbohydrate
- "Balance Breaks" by Sargento® = 13 to 14 grams of carbohydrate

- P3 Portable Protein Packs[®] by Oscar Meyer with small piece of fresh fruit = 15 grams of carbohydrate
 - 1 slice whole wheat toast topped with ¼ cup of avocado and 1 poached egg = 15 grams of carbohydrate
 - 1 bottle of Glucerna[®] or Boost[®] Glucose Control beverage = 14 to 16 grams of carbohydrate
- Talk with your dietitian if you have questions about your diet.