


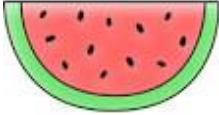






















15g CARBOHYDRATE SNACKS

 <p>1 small apple</p>	 <p>½ banana</p>	 <p>½ mango</p>	 <p>1 cup watermelon</p>	 <p>1 medium orange</p>	 <p>12 fresh cherries</p>
 <p>15 medium Strawberries or 1 ¼ cup</p>	 <p>2 small plums, clementines, apricots</p>	 <p>1 small bunch (~17 grapes)</p>	 <p>¼ cup raisins or small matchbox size</p>	 <p>½ cup unsweetened applesauce</p>	 <p>½ cup canned fruit in juice (not syrup)</p>
 <p>1 slice toast</p>	 <p>2 rice cakes</p>	 <p>½ cup ice cream (not including cone)</p>	 <p>8 oz white milk</p>	 <p>½ cup sugar free pudding</p>	 <p>4 oz yogurt (Check Label)</p>
 <p>3 graham cracker squares</p>	 <p>8 animal crackers</p>	 <p>1 oz bag chips</p>	 <p>15-20 pretzels</p>	 <p>55 Goldfish® crackers</p>	 <p>1 granola bar (Check Label)</p>

HEALTHY COMBINATION SNACK IDEAS

Great snacks include 15g carbohydrate + protein



8 animal crackers &
2 tablespoons peanut butter



2 rice cakes &
2 tablespoons peanut butter



3 cups plain popcorn &
1 oz nuts



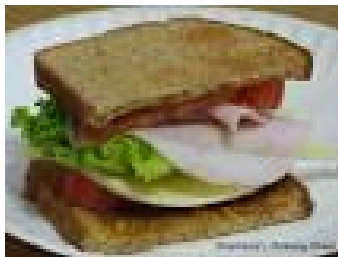
55 Goldfish® crackers &
1 oz cheese



1 small fruit &
1 oz cheese



1 ounce mini muffin &
¼ cup cottage cheese



½ sandwich (meat, cheese, vegetables
or peanut butter with no jelly)




6 saltine crackers &
¼ cup tuna salad



15-20 baked tortilla chips &
2 tablespoons refried beans &
4-5 sliced celery sticks or peppers

LOW OR NO CARBOHYDRATE SNACKS

					
carrots	celery	cherry tomatos	lettuce	spinach	cauliflower
					
bell pepper	pickles	cucumber	zucchini	avocado	broccoli
					
string cheese	cheese cubes	cottage cheese	eggs	sliced turkey, chicken, ham, roast beef	tuna
					
nuts	peanut butter	pepperoni slices	beef jerky	sugar-free jello	sugar-free popsicles



Texas Children's
Hospital

HEALTHY COMBINATION LOW OR NO CARBOHYDRATE SNACK IDEAS



turkey and cheese roll ups



side salad with egg or avocado



carrots and ranch dressing



celery and peanut butter



cucumber slices and tuna



pepperoni slices and cream cheese



tomato and mozzarella



lettuce wrap with chicken or tuna salad



bell pepper and hummus