



SNACKS



Combine a snack from the first box with one from the second box.
Check the food label to find out more!

15g Carbohydrate snacks

No Carbs

Breads and Crackers

- 1 slice of bread
- 7 soda crackers
- ½ English muffin
- ½ small bagel
- 10 rice crackers
- ½ whole wheat pita
- 2 rice cakes
- 4 Triscuits
- 5 WASA cracker
- ½ pouch instant oatmeal
(¾ cup cooked oatmeal)
- 2-3 Ryvita crisp breads
- 2 cookies
- Add your own
- _____
- _____

Dairy

- 1 small yogurt cup (100g)
- 1 cup milk
- ½ cup chocolate milk
- 1 cup soy milk
- ½ cup ice cream
- ½ cup pudding
- _____
- _____

Fruits

- 1 cup blueberries
- 2 cups raspberries/
blackberries/strawberries
- 1 large kiwi
- 15 grapes or cherries
- ½ grapefruit or mango
- ¼ cup of dried fruit
- ½ banana
- ½ cup applesauce
- ½ cup of canned fruit

Others

- ½ cup cereal with ½ cup
milk
- 2-3 cups of light popcorn
- 14 low-fat corn chips
- ½ small low-fat muffin
- ½ cup baked beans
- 7 large pretzels
- ½ medium potato
- ½ - 1 cup soup (check the
carbs on the label)
- _____
- _____

Bread/cracker toppers

- Low-fat cheese
- Chicken/ham/turkey slices
- 1 Tbsp (15 ml) hummus
- ¼ avocado
- 1 Tbsp peanut butter, sunflower seed
butter, almond butter, or cashew
butter
- 1 sliced tomato
- 1 Tbsp low-fat cream cheese
- 1 egg
- Salmon/tuna salad
- Black bean salsa
- Cottage cheese

Raw Veggies

- Carrot/celery sticks
- Cucumber/zucchini slices
- Broccoli/cauliflower
- Green/red/yellow peppers

Others

- ¼ cup nuts (walnuts, pecans,
hazelnuts, almonds) (1-2 g
carb/serving)
- Sugar-free jello

With



Sample Breakfast Meal Ideas

Breakfast 30-45 gram carbohydrate

<p>½ - ¾ cup cold cereal ½ cup milk 1 small fruit 1 egg – scrambled or 2 tbsp peanut butter</p>	<p>½ whole wheat English muffin 1 small no added sugar yogurt 1 egg or 1 slice of cheese</p>	<p>1 slice whole wheat toast ¼ cup cottage cheese ½ cup chopped fruit (no juice)</p>	<p>1 cup hot cereal (or 1 pkg hot cereal) 1 cup berries or 1/3 banana ¼ cup almonds or walnuts</p>
<p>½ cup cottage cheese ½ cup chopped fruit 1 sliced whole wheat toast</p>	<p>1 slice French toast (use 1 full egg) 1 slice peameal bacon 1.5 tbsp light syrup (no fruit) Sliced tomatoes</p>	<p>¾ cup plain yogurt with 1 tsp vanilla ½ cup berries or ½ cup applesauce ½ English muffin or 1 slice toast</p>	<p>½ cup baked beans 1 slice toast Sliced cucumber and tomato</p>
<p>Western Sandwich 1 slice toast 1 egg Vegetables on sandwich – tomato/lettuce 1 small fruit</p>	<p>Open face cheese sandwich 1 slice toast 1 slice cheese Fruit or yogurt</p>	<p>½ pita or 1 small 7 inch wrap (flat bread) Filled with cheese or egg and veggies Fruit or yogurt</p>	<p>Spinach omelette (1 egg) Aim for ½ cup of vegetables with sliced tomato on the side ½ cup fruit or ½ cup of milk or 1 small yogurt</p>