

Snacking with Diabetes: Easy-to-Pack, Nut-free Ideas

Snacks with 15-20 g Carbohydrates
1 slice pumpernickel bread, ripped up Dip in a mixture of canned tuna, light mayo, diced celery, salt and pepper
½ cup sliced red and green peppers and 4 Triscuit crackers Dip in 1/3 cup hummus
Spread 1 tbsp of cream cheese and 1 tsp jam on 1 small tortilla
1/2 mashed avocado with 1 tbsp diced tomato, squeeze of lime, salt and pepper Spread onto 4 Melba toast crackers
2/3 sweetened yogurt stirred with ½ cup blueberries
7 soda crackers topped with 4 slices marble cheese
½ cup edamame mixed with ¼ cup shredded carrot and ½ cup diced mango Stir with 1 tsp Italian dressing
1/3 cup cottage cheese mixed with 1 cup cut up peaches
½ cup carrots and cucumber slices dipped in 2 Tbsp Ranch or Cesar dressing ½ Goldfish crackers
1/2 cup grapes and a Babybel™ cheese
1 ½ cups air-popped popcorn, shake with 1 tbsp Parmesan cheese ½ sliced apple (squeeze over lemon juice to prevent browning)
Combine 1 egg with 1 banana and mix until smooth. Use mixture as “pancake batter” and pour into rounds. Set pancakes aside for later to eat cold

Snacks with 5g or less of Carbohydrates- “FREEBIES”
<p>Cut cucumber lengthwise into medium-thin slices, and layer avocado, turkey slices or tomato slices on top. Roll up cucumber and secure with toothpick. Cut in half or into bite-size pieces</p>
<p>Boil an egg, cool and chop Mixed with mozzarella cheese</p>
<p>Slide cherry tomatoes, cubes of cheddar cheese and kielbasa onto a toothpick</p>
<p>Slice a pickle lengthwise and place each inside one piece of shaved roast beef. Roll beef and secure with toothpicks</p>
<p>Cut a cucumber into rounds Layer 1 tsp cream cheese in between two pieces of cucumber</p>
<p>Cut up a variety of vegetables (i.e. cauliflower, celery, green beans). Dip into 2 tbsp of Ranch or Cesar dressing</p>
<p>Roast ¼ cup chickpeas with a drizzle of olive oil and salt and pepper to taste. When cooled, combine chickpeas with ¼ cup of edamame beans.</p>
<p>Combine ¼ cup diced peaches and ½ cup cottage cheese</p>
<p>Cut celery lengthwise and cut strips into thirds. Fill celery with a mixture of tuna and light mayo</p>
<p>¾ cup raspberries with a mozzarella cheese stick</p>
<p>½ cup plain Greek style yogurt. Use as a dip for sliced veggies</p>

All carbohydrate counts are based on CDA guidelines, found at: <http://www.diabetes.ca/clinical-practice-education/professional-resources/diet-nutrition-beyond-the-basics>