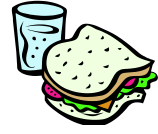




## Carbohydrate-Controlled Snacks



The front of the handout provides snack ideas that are about 15 grams of carbohydrate. The back of the handout offers ideas closer to 30 grams of carbohydrate.

Snack Ideas for 15 Grams of Carbohydrate	
1 slice whole grain toast topped with smashed avocado	Egg salad on 1/2 toasted English muffin - hard-boiled egg with minced celery and onions, mixed with light mayo
3 cups microwave lite popped popcorn	2 four-inch sized rice cakes topped with peanut or almond butter
1 small apple or 1/2 pear with cheese or peanut butter	Raw veggies with 1/3 cup hummus
1 very small banana, or 1/2 if big with almond butter	1 celery stalk stuffed with peanut butter and topped with 1½ tablespoons raisins
17 grapes or 3/4 cup pineapple with 1/4 cup cottage cheese	3/4 cup of lentil soup sprinkled with cheese
6-ounce plain yogurt or any yogurt with about 15 grams of carbohydrate top with crushed nuts	12 ounces V8 juice 1 plain brown rice cake
1 small orange or nectarine and toasted pumpkin or sunflower seeds	Sugar-free Jell-O with 1/2 cup canned pineapple
1/4 cup ricotta cheese mixed with diced celery, olives, and bell pepper on crackers read label for carbohydrate counts	Miso soup ~ 12 rice crackers check label for carbs
1 cup juk, rice porridge add fish and vegetables	3 small dates or 3 prunes, with 16 pistachios
1/2 whole wheat English muffin tomato and onion slices, topped with Swiss cheese, then broiled	1 cup cut cantaloupe 1/4 cup cottage cheese
1¼ cups watermelon or strawberries and 4-6 walnuts, cashews, or almonds	Whole grain crackers, check label for carbs topped with sliced tomatoes and avocado
1 slice whole grain bread with peanut butter or soy nut butter	1/4 cup guacamole with 10-12 tortilla chips check label for carb grams

## Snack Ideas for 30 Grams of Carbohydrate

12-16 whole wheat crackers, check labels choose portion close to 30 grams carb, serve with cheese or nut butter	20-22 baked tortilla chips with 1/4 cup salsa check labels for combined grams of carb
1/2 large bagel toasted, buttered 1 scrambled or fried egg	1 cup of vegetarian 3-bean chili check label for 30 grams carbohydrate
Pasta salad- 2/3 cup cooked pasta shells, minced onion, garlic, celery, red bell pepper, and grated carrots with olive oil, vinegar, and black pepper	1 cheese quesadilla made with one 8-inch flour tortilla add onions, peppers, or mushrooms if desired plus 1/4 cup salsa or guacamole
1/2 cup cooked old fashioned oatmeal with 1 tablespoon of raisins and 1/2 cup milk	1 cup cooked grits with scrambled or hard-boiled eggs
6 oz plain yogurt or any yogurt with about 15 grams carbohydrate topped with 2 tablespoons grape-nuts cereal	1 tablespoon light cream cheese blend with 2 teaspoons of jam, spread on: 3 graham cracker squares
Grilled cheese sandwich on 2 slices bread	1/2 pita bread with 1/3 cup hummus shredded lettuce, chopped tomatoes, olives
1 baked potato- about 1 cup topped with 1/4 cup cottage cheese or low fat sour cream	1/2 cup unsweetened applesauce and 3 graham cracker squares
1 tostada on a six-inch corn tortilla topped with 1/3 cup refried beans, grated cheese, tomato, lettuce, salsa	1 cup milk 1/2 sandwich made with 1 slice bread
Homemade trail mix: 5 small pretzel twists, 2 tablespoons of raisins or dried cranberries, almonds or soy nuts, and sunflower or pumpkin seeds	Mini Pizza: spread spaghetti sauce on each half of one English muffin, top with grated mozzarella cheese, then broil
1 multi-grain toaster waffle with 3/4 cup blueberries or blackberries, low fat whipped topping	Sandwich: 2 slices whole grain bread, add any of the following: lean meat, sliced cheese, avocado, lettuce, onion, light mayo, mustard
1 cup soup, check label, aim for 15 g carb with 6 saltine crackers	3/4 cup refried beans with grated cheese melted on top, top with salsa
3/4 cup edamame soy beans with 1/3 cup cooked brown rice	1/2 cup sliced plantains lightly fried in oil and 1/2 cup warm black beans

You can look up carbohydrate counts on [calorieking.com](http://calorieking.com), [myfitnesspal.com](http://myfitnesspal.com) or [google.com](http://google.com).