



Snack Ideas

FOR CARB COUNTING WITH GESTATIONAL DIABETES

15-20 g total carbohydrate (about 1 carb serving)

- 1 cup blueberries and $\frac{1}{4}$ cup low-fat cottage cheese
- Apple slices (small apple) with 2 Tbsp nut butter
- 1 granola bar
- Small orange and $\frac{1}{4}$ cup almonds
- 1 quesadilla (small whole wheat tortilla and 1 oz shredded low-fat cheese)
- 5 Triscuits® and 1 string cheese
- 3 graham squares and 1-2 Tbsp nut butter
- 15 corn chips and $\frac{1}{4}$ cup salsa
- $\frac{1}{2}$ cup melon, 7 Wheat thins® and 1 oz low fat cheese
- 1 cup low-fat Greek yogurt and 1 Tbsp sunflower seeds or pepitas
- 15 pretzels and 2 Tbsp peanuts
- 10 pita chips, 2 Tbsp hummus and 4 olives
- 5 animal crackers and 4 oz skim or 1% milk
- 3 cups popcorn sprinkled with 1 tsp parmesan cheese
- 1 cup strawberries with 2 Tbsp fat free whipped topping
- 1 whole grain waffle with peanut butter and cinnamon
- $\frac{1}{2}$ cup low fat ice cream sprinkled with 1 Tbsp chopped peanuts
- 1 slice whole-grain toast with 1 tsp soft tub margarine and 1 hard -boiled egg

30-35 g total carbohydrate (about 2 carb servings)

- $\frac{1}{2}$ toasted whole grain English muffin with 1 oz low fat cheese & 1 cup low-fat milk
- Medium orange and $\frac{1}{4}$ cup almonds
- 1 cup Cheerios® and $\frac{1}{2}$ cup low-fat milk
- 1 sandwich (2 slices whole grain bread and 2 oz lean turkey)
- 15 corn chips, 15 pretzels and 10 almonds
- 15 Wheat thins® and 1 cheese stick
- $\frac{1}{2}$ whole wheat bagel and 2 Tbsp hummus with sliced cucumbers
- $\frac{1}{2}$ banana with 1 Tbsp raisins and 1 Tbsp nut butter
- $\frac{1}{2}$ peanut butter and banana sandwich (1 slice bread, $\frac{1}{2}$ banana and 1 Tbsp peanut butter)
- 3 vanilla wafers and 1 cup low-fat milk
- 1 carton low-fat Greek yogurt and $\frac{1}{4}$ cup granola
- 10 cherries, 1 cup strawberries and 1 string cheese
- 1 whole wheat tortilla roll-up filled with 1 Tbsp low-fat cream cheese and chopped olives and cucumbers
- $\frac{1}{2}$ cup trail mix

Need more substance or fiber? Add some of these choices

- Celery sticks and cherry tomatoes
- Broccoli and cauliflower florets with 1 Tbsp low fat Ranch-style dip
- Sliced cucumbers with 1 Tbsp hummus
- 1-2 Tbsp nuts or seeds