

Healthy 15 Gram Carbohydrate Snack Ideas

- $\frac{1}{2}$ of a meat and cheese sandwich
- $\frac{1}{2}$ of a PB and low sugar jelly sandwich
- $\frac{1}{2}$ of a tuna or chicken salad sandwich
- $\frac{1}{2}$ of an English muffin with 1 tbsp peanut butter or melted cheese
 - 1 slice wheat toast plain, with PB, or melted cheese
 - One 6" corn or wheat tortilla with meat and cheese rolled-up
 - Quesadilla made with cheese and one, 6" corn or wheat tortilla
- One 6" tortilla wrap with low fat cream cheese and sliced non-starchy vegetables
 - Small apple or pear with 1 tbsp nut butter
 - 6 whole wheat saltine crackers with cheese or 1 tbsp nut butter
 - 3 cups low fat popcorn, popped
 - 6oz plain, low-fat yogurt made with sugar-free sweetener
 - 8-10oz white, low-fat milk
 - 1 cup raw veggies with 1/3 cup hummus dip
 - 1 cup berries
 - $\frac{1}{2}$ cup berries with $\frac{1}{2}$ cup plain yogurt
 - Half of a large banana (plain or add 1 tbsp peanut butter)
 - 2 tbsp dried fruit (raisins, cranberries, etc) and 10 unsalted nuts
 - Small fruit and low-fat string cheese
- $\sim\frac{3}{4}$ cup dry low sugar cereal (cheerios, plain shredded wheat, wheaties, etc)
 - $\frac{1}{2}$ cup cooked oatmeal with 2 tbsp nuts
 - 1 cooked egg + 1 slice wheat toast or $\frac{1}{2}$ an English muffin
 - 3 graham crackers (2 $\frac{1}{2}$ " square) plain or with 1 tbsp PB
 - 1 whole grain waffle (plain or with sugar free syrup)
 - 2 rice cakes, 4" across (plain, with cheese, or 1 tbsp PB)
 - 17 grapes ($\sim\frac{1}{2}$ cup)
 - $\frac{1}{2}$ of a large grapefruit (4.5" diameter)
 - 1 cup cubed melon (cantaloupe, honeydew, watermelon)
 - $\frac{1}{2}$ cup mandarin oranges
 - 4oz unsweetened applesauce
 - $\frac{1}{2}$ cup sweet potatoes (baked, mashed)
 - $\frac{1}{2}$ cup corn or green peas
 - $\frac{1}{2}$ cup trail mix
 - $\frac{3}{4}$ cup lightly salted edamame
 - 1 tbsp PB over 3 celery sticks + 2 tsp of raisins
 - 1 small apple (small fist size) with 1 tablespoon PB