

# Best Foods For You: **Healthy Snack Choices**

## Healthy Snack Choices

When you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, and healthy fats. These foods can fill you up and give you an energy boost.

## Tips

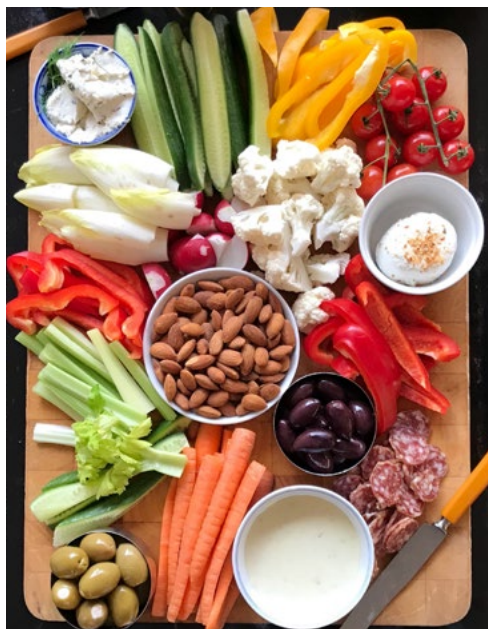
Follow these tips to plan snacks that will be healthy and satisfying:

- Watch your portions.
  - Use measuring cups and spoons to help.
  - Portion out single-use snacks from large bags and boxes to avoid overeating.
- Shop for snacks along the perimeter (outside walls) of the store. Skip the candy and chips in the middle aisles.
- Stock up on healthy snacks so you have them on hand and keep them visible in the front of the pantry and refrigerator.

## Healthy Snack Ideas

### Low Carbohydrate (less than or equals 5 grams)

- 3/4 cup of light popcorn
- 10 goldfish crackers
- 1 cup raw veggies (carrots, celery, cucumbers)  
+ 1 tablespoon dressing or dip
- 1 hard-boiled egg
- 1 string cheese stick
- 1 frozen sugar-free popsicle
- 1 cup of sugar-free gelatin



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## Healthy Snack Ideas (continued)

### Moderate Carbohydrate (15–20 grams carbohydrate) and a Protein Source

- 1 small or medium piece of fruit + 1 string cheese or 1/4 cup unsalted nuts
- 6-oz light yogurt
- 6 whole wheat crackers + 1 tablespoon nut butter or 1 slice reduced fat cheese
- 1/3 cup hummus + 1 cup raw vegetables
- 2 rice cakes + 1 tablespoon nut butter
- 1 cheese quesadilla + 1/4 cup salsa
  - Make with one 6-inch corn tortilla + 1/4 cup shredded cheese
- 1/2 sandwich with 1 slice whole wheat bread + 2 slices lean meat or 1 Tablespoon nut butter
  - Lean meats include: turkey, chicken, and tuna
- 1/4 cup dried fruit + nut mix
- 1/2 cup canned or 3/4 cup fresh fruit + 1/4 cup cottage cheese
- 15 whole grain tortilla chips + 1/3 cup salsa (if desired, add a protein like 1/4 cup shredded cheese)
- 3 cups of light popcorn (if desired, add a protein like 1/4 cup unsalted nuts)
- 1/2 toasted English muffin + 2 tablespoons mashed avocado (if desired, add a protein)



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