Snack Ideas
FOR CARB COUNTING WITH GESTATIONAL DIABETES

15-20 g total carbohydrate (about 1 carb serving)
1 cup blueberries and ¼ cup low-fat cottage cheese
Apple slices (small apple) with 2 Tbsp nut butter
1 granola bar
Small orange and ¼ 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 ¼ cup salsa
½ 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
½ 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)
½ toasted whole grain English muffin with 1 oz low fat cheese & 1 cup low-fat milk
Medium orange and ¼ cup almonds
1 cup Cheerios® and ½ 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
½ whole wheat bagel and 2 Tbsp hummus with sliced cucumbers
½ banana with 1 Tbsp raisins and 1 Tbsp nut butter
½ peanut butter and banana sandwich (1 slice bread, ½ banana and 1 Tbsp peanut butter)
3 vanilla wafers and 1 cup low-fat milk
1 carton low-fat Greek yogurt and ¼ 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
½ 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

Nutrition Services 11-6-13