

# Our Best Diabetic Snack Guide



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Whipping up a healthy snack has never been so easy with our 23 delicious snack ideas.

## [p. 8 Low-Carb Snack Ideas](#)

These quick-assemble snacks have only 15-20 grams of carb per serving!

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Enjoy fresh and tasty snacks and drinks that boast 20 calories and 5 grams of carb or less per serving.

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Find the best snacks to buy that have been taste-tested and dietitian-approved.

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Try our easy recipe cards when you need a satisfying snack or breakfast to-go.

# Snack Card Pack




A handy resource for 23 quick, light, and delicious snack ideas for people with diabetes.

**diabetic**  
LIVING.

## Snack Attack Card Pack

23 quick, light, and delicious snack ideas for people with diabetes

### Perfect Pairing



1/2 large pear, cut into slices  
1 wedge President Light Brie Cheese (1 ounce)

130 cal., 4.5 g total fat (2.5 g sat. fat), 15 mg chol., 230 mg sodium, 15 g carb., 3 g fiber, 7 g pro.

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### Quick & Easy Quesadilla




**FREE FOOD**  
Add 1/4 cup low-sodium salsa to dip wedges after melting in the microwave.

2 Mission Extra Thin Yellow Corn Tortillas  
1/4 cup finely shredded reduced-fat cheddar cheese

160 cal., 7 g total fat (3.5 g sat. fat), 20 mg chol., 230 mg sodium, 16 g carb., 2 g fiber, 9 g pro.

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### Finger-Friendly Veggies



1 cup raw kohlrabi sticks  
1/2 cup Cascadian Farm frozen shelled edamame, thawed

126 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 34 mg sodium, 15 g carb., 7 g fiber, 9 g pro.

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## Nutty Apple Dippers



- 1 small apple, cut into wedges
- 2 tablespoons PB2 Powdered Peanut Butter, prepared

105 cal., 1.5 g total fat (0 g sat. fat), 0 mg chol., 95 mg sodium, 20 g carb., 4.5 g fiber, 5 g pro.

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## Raisins & Seeds



**MIX IT UP**  
Swap the raisins for ½ ounce dried cranberries or chopped dried apricots.

- 1 mini box Sun-Maid Raisins
- 2 tablespoons Eden Organic Dry Roasted Pumpkin Seeds

145 cal., 8 g total fat (1.5 g sat. fat), 0 mg chol., 50 mg sodium, 14 g carb., 3.5 g fiber, 5 g pro.

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## Open-Face Bagel Melt



- ½ Thomas' 100% Whole Wheat Bagel Thin
- 1 slice Kraft Reduced-Fat Swiss cheese
- 1 slice Oscar Mayer Natural Oven Roasted Turkey Breast

145 cal., 5.5 g total fat (2.5 g sat. fat), 23 mg chol., 267 mg sodium, 12 g carb., 2.5 g fiber, 13 g pro.

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## Ricotta Toast



- 3 slices Old London Salt-Free Whole Grain Melba Toast
- ¼ cup low-fat ricotta cheese
- Freshly ground black pepper

120 cal., 3 g total fat (2 g sat. fat), 20 mg chol., 150 mg sodium, 15 g carb., 2 g fiber, 9 g pro.

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## Sunny Rice Thins



- 2 slices Real Foods Whole Grain Rice Thins
- 4 teaspoons MaraNatha Sunflower Seed Butter

166 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 63 mg sodium, 15 g carb., 3 g fiber, 7 g pro.

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## Cottage Carrots



- 1 cup raw carrot chips
- 1 4-ounce container Breakstone's Snack Size Small Curd Lowfat Cottage Cheese

125 cal., 2.5 g total fat (1.5 g sat. fat), 15 mg chol., 455 mg sodium, 14 g carb., 2 g fiber, 12 g pro.

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## Coco-Crunch Banana



- 1/2 small banana, split lengthwise
- 1 tablespoon peanut butter
- 2 teaspoons crushed cornflakes cereal
- 1 teaspoon flaked coconut

179 cal., 8 g total fat (3 g sat. fat), 0 mg chol., 180 mg sodium, 23 g carb., 3 g fiber, 5 g pro.

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## Any-Day Cocktail Snack



- 3 slices Rubschlagger 100 Percent Whole Grain Cocktail Rye Bread
- 1 3-ounce pull-top can Chicken of the Sea Chunk Light Tuna in Water
- 1/4 cup diced cucumber
- 3 cherry tomatoes, chopped

165 cal., 2 g total fat (0 g sat. fat), 40 mg chol., 420 mg sodium, 17 g carb., 2 g fiber, 20 g pro.

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## Fruit & Nuts



- 1 bag Brothers-All-Natural Fuji Apple Fruit Crisps
- 1 ounce dry-roasted, salted shelled pistachios (49 kernels)

200 cal., 13 g total fat (1.5 g sat. fat), 0 mg chol., 115 mg sodium, 17 g carb., 5 g fiber, 6 g pro.

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## Creamy Berry Bliss



- $\frac{3}{4}$  cup sliced strawberries
- 1 6-ounce carton Chobani Plain Nonfat Greek Yogurt

140 cal., 0 g total fat, 0 mg chol., 81 mg sodium, 16 g carb., 2.5 g fiber, 18 g pro.

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## Mini Pizza



- $\frac{1}{2}$  EarthGrains 100% Whole Wheat Thin Bun
- 1 tablespoon pizza sauce
- $\frac{1}{2}$  cup thinly sliced veggies
- $\frac{1}{4}$  cup shredded part-skim mozzarella cheese
- Sliced fresh basil or dried oregano

141 cal., 6 g total fat (3 g sat. fat), 15 mg chol., 293 mg sodium, 14 g carb., 2.5 g fiber, 9.5 g pro.

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## English Muffin Melt



- $\frac{1}{2}$  whole wheat English muffin
- 1 ounce low-fat cheddar cheese
- $\frac{1}{4}$  small apple, sliced

133 cal., 2.5 g total fat (1 g sat. fat), 6 mg chol., 309 mg sodium, 18 g carb., 3 g fiber, 9.5 g pro.

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## Pudding Gone Bananas



**FREE FOOD**  
Top this snack with  
1 tablespoon  
fat-free or light  
whipped dessert  
topping.

- 1/2 cup Jell-O sugar-free pudding, any flavor
- 1/2 small banana, sliced

105 cal., 1.5 g total fat (1 g sat. fat), 0 mg chol.,  
181 mg sodium, 26 g carb., 2.3 g fiber, 2.5 g pro.

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## Hummus Among Us



- 1 4-inch whole wheat pita pocket, torn into pieces (1 ounce)
- 2 tablespoons Athenos Original Hummus

124 cal., 3.5 g total fat (0 g sat. fat), 0 mg chol.,  
309 mg sodium, 21 g carb., 2.6 g fiber, 4 g pro.

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## Crackers & Cheese



- 10 Wheat Thins Reduced-Fat crackers
- 2 pieces Weight Watchers Natural Reduced-Fat Cheddar Cheese Snacks

171 cal., 8 g total fat (4 g sat. fat), 15 mg chol.,  
344 mg sodium, 15 g carb., 1 g fiber, 8 g pro.

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## Root Beer Float



- 1/4 cup Breyer's Smooth & Creamy 1/2 Fat Creamy Vanilla Ice Cream
- 12 ounces diet root beer

55 cal., 2 g total fat (1 g sat. fat), 0 mg chol.,  
55 mg sodium, 8 g carb., 0 g fiber, 1.5 g pro.

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## Spiced Orange



- 1 medium orange, peeled and sliced into rounds
- Dash of ground cinnamon and/or ground ginger

62 cal., 0 g total fat, 0 mg chol., 0 mg sodium, 16 g carb., 3 g fiber, 1.2 g pro.

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## Double Cherry Delight



- 1 3.25-ounce Jell-O Sugar-Free Black Cherry Gelatin Snack
- 4 halved, pitted fresh or frozen dark sweet cherries
- 2 tablespoons frozen sugar-free or light whipped dessert topping, thawed

47 cal., 1 g total fat (1 g sat. fat), 0 mg chol., 45 mg sodium, 7 g carb., 1 g fiber, 1 g pro.

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## Mini Nacho Cups



- 8 Tostitos Baked Scoops tortilla chips
- 2 tablespoons refrigerated avocado dip (guacamole)
- 1/4 cup chopped cherry tomatoes
- 1 tablespoon finely shredded reduced-fat cheddar cheese
- 1 tablespoon thinly sliced green onion

132 cal., 6 g total fat (2 g sat. fat), 5 mg chol., 229 mg sodium, 15 g carb., 4 g fiber, 5 g pro.

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## Pineapple Sundae



- 1 4-ounce container Dole Pineapple Tidbits in 100% Pineapple Juice, drained
- 2 tablespoons vanilla fat-free yogurt sweetened with artificial sweetener
- 1 teaspoon dry-roasted sunflower kernels or chopped dry-roasted pistachio nuts

96 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 17 mg sodium, 20 g carb., 1 g fiber, 2 g pro.

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# Low-Carb Snacks

If your next meal is hours away, choose one of these diabetic snacks to ease those hunger pains. A cinch to put together, each snack idea has 15–20 grams of carb per serving.

**Grapes provide a good source of potassium**



## GRAPES & GRAHAMS

Want a crunchy, sweet treat that's quick and easy to whip together? Spread 1 tablespoon light cream cheese on 2 graham cracker squares and top with  $\frac{1}{4}$  cup halved grapes.

**Probiotics in Greek yogurt can aid digestive health**



## FRUIT & NUT YOGURT

Need a satisfying snack? Sprinkle 1 tablespoon dried cranberries and 1 tablespoon toasted, slivered almonds atop a 6-ounce carton of plain nonfat Greek yogurt.

**Skip the vending machine and opt for this fiber-rich snack**



## CEREAL-NUT MIX

Get a good dose of fiber by mixing  $\frac{1}{2}$  cup unsweetened miniature shredded wheat cereal, 1 tablespoon dried cranberries, and 1 tablespoon roasted pistachio nuts. By using unsalted nuts, you'll keep the sodium to a record low of 2 milligrams.

**This easy snack packs calcium and fiber**



## PEAR & CHEESE

The next time you need a hearty snack, choose a small pear and a light cheese stick. Not only will the cheese help you meet your calcium goal by providing 16 percent of your daily needs, you'll also get 4 grams of fiber.



**Top with cucumber slices, which count as a free food**



### TUNA SALAD CRISPS

Tuna salad doesn't have to be reserved for lunch. Combine 2 ounces of drained, water-packed light tuna with 1 teaspoon light mayonnaise and 1 teaspoon Dijon-style mustard, and spoon it atop 2 rye crisps for a satisfying snack that is packed with heart-healthy omega-3 fatty acids.

**Avocados boast heart-healthy fats**



### AVOCADO-TOMATO SANDWICH

Mash  $\frac{1}{4}$  of a peeled avocado and stir in a dash of garlic salt. Spread onto a slice of toasted whole grain bread and top with a couple of tomato slices for a snack that's packed with flavor and fiber. And don't worry—even with the generous amount of avocado, this snack has only 150 calories.

**This simple snack will satisfy your sweet tooth**



### BANANAS ABOUT CHOCOLATE

For a treat that's not only decadent but healthy, too, slice half a banana and drizzle it with  $\frac{1}{2}$  ounce melted dark chocolate. Studies suggest that components in chocolate can help lower blood pressure.

**Pack this vitamin-rich snack for on the go**



### GUACAMOLE & VEGGIES

For a crunchy, south-of-the-border snack, dip  $\frac{1}{2}$  of a red sweet pepper, sliced, and  $\frac{1}{2}$  cup carrot sticks in  $\frac{1}{4}$  cup purchased guacamole. Not only will you cover your daily needs for vitamin A with the carrots, you'll also more than meet your daily vitamin C needs thanks to the sweet pepper strips.

For maximum health benefits, choose unwaxed cucumbers



### CUCUMBER-TOPPED RYE CRISPS

Rye crisps make an all-star snack because they are fat-free, low in sodium, and oh-so-crunchy. Jazz them up by spreading 2 rye crisps with 2 tablespoons light onion-flavor cream cheese and topping with  $\frac{1}{4}$  cup sliced cucumber.

Get a boost of vitamin C from this sweet treat



### STRAWBERRIES & FRUIT DIP

For a creamy dip to serve with a cup of fresh strawberries, which provide 150 percent of your daily vitamin C needs, stir together 1 tablespoon light cream cheese and 1 tablespoon low-sugar orange marmalade.

Salsa is a healthy alternative to fatty dips



### CHIPS & DIP

Craving something crunchy? Go for the classic combination of chips and salsa. Choose  $\frac{1}{4}$  cup of your favorite salsa—whether it's mild, medium, or hot—and  $\frac{3}{4}$  ounce baked tortilla chips.

Try different yogurt flavors for a fun twist



### YOGURT & FRUIT PARFAIT

For a fun, flavorful snack, layer a 6-ounce carton of lemon-flavor fat-free yogurt with  $\frac{1}{3}$  cup fresh raspberries and 3 tablespoons puffed wheat, kamut, or millet cereal. Choose yogurt that is sweetened with an artificial sweetener.

# Free-Food Snacks

Find out how to use foods with 20 calories or less and 5 grams of carb or less to get you through a between-meal craving or add flavor to a dish.



calorie  
FREE

## MINT LEAVES

This aromatic herb won't cost you any carbs or calories. Mince fresh mint, combine it with water in an ice cube tray, and freeze. Add the cubes to water or unsweetened tea for a calorie-free treat.



13 cal.  
2g carb.

## 1/2 CUP CHERRY TOMATOES & BASIL

If you're a tomato fan, the cherry-size orbs are perfect for guilt-free nibbling. You can enjoy 1/2 cup of cherry tomatoes for just 13 calories and 2 grams carb.



20 cal.  
1g carb.

## VANILLA ALMOND MILK + COFFEE

If you want a creamy, milklike beverage but can't afford the calories or carbs, pour yourself 1/2 cup (4 ounces) of Blue Diamond Almond Breeze, Unsweetened Vanilla non-dairy beverage for just 20 calories and 1 gram carb.



20 cal.  
4g carb.

## PLAIN NONFAT GREEK YOGURT

Greek yogurt (even the nonfat varieties) is thicker and creamier than regular yogurt, thanks to a straining process that removes the liquid whey from the yogurt. You'll get just 17 calories and 1 gram carb in 2 tablespoons of plain nonfat Greek yogurt.

# Free-Food Snacks



## 3 RADISHES + 1 TABLESPOON FAT-FREE CREAM CHEESE AND CHIVES

Creamy meets crunchy when you spread 3 radishes with 1 tablespoon fat-free cream cheese, then lightly sprinkle them with chives. This simple snack has just 20 calories and 2 grams carb, and it makes a pretty appetizer.



## 1 CUP SHREDDED LETTUCE + 1 TABLESPOON FAT-FREE SALAD DRESSING

Salad greens are satisfying because you get a lot for very few calories. A 1-cup serving of shredded lettuce has just 8 calories and 1.5 grams carb. Pair the lettuce with up to 1 tablespoon fat-free salad dressing and your snack will still count as a free food.



## FLAVOR-INFUSED WATER

You don't have to guzzle sugar or artificial sweeteners to enjoy water with a bit of flavor. Many stores sell unsweetened bottled water with essences of fruit, mint, and other flavors that are naturally calorie- and carb-free.



## TURKEY BREAST LUNCHEAT + MUSTARD

Try spreading mustard on a  $\frac{1}{2}$ -ounce slice of turkey breast lunchmeat, then roll it up to eat. You'll get 14 calories, 0 grams carb, and 3 grams protein in the turkey. A teaspoon of yellow mustard has just 4 calories and 1 gram carb. A typical 3-inch carrot stick has only 3 calories and less than 1 gram carb.

# Free-Food Snacks



20 cal.  
5g carb.

## 1/4 CUP BLUEBERRIES

Pop blueberries in your mouth one by one for a fruity treat. They count as a free food when you limit your serving to 1/4 cup, which has 20 calories and 5 grams carb.



18 cal.  
4g carb.

## 1/2 CUP KOHLRABI STICKS

This veggie's flavor is sweet and crisp, slightly similar to a radish. Enjoy 1/2 cup for just 18 calories and 4 grams carb, including 2 grams fiber.



calorie  
FREE

## SWEETLY SCENTED HOT HERBAL TEA

For the most flavorful tea, opt for loose-leaf rather than tea in bags and make it with purified water. Let the tea steep 2–5 minutes, and keep it covered while the tea is steeping.



13 cal.  
3g carb.

## 1/2 CUP SHREDDED CABBAGE + BALSAMIC VINEGAR

When you're craving something crunchy between meals, try 1/2 cup shredded cabbage, which has just 8 calories and 2 grams carb. Raw cabbage pairs perfectly with a drizzle of balsamic vinegar, which has 5 calories and 1 gram carb per teaspoon.

# Top 25 Diabetic Snacks

Stomach grumbling or blood glucose a bit low? Reach for one of our top 25 consumer-tasted and dietitian-approved snacks. Diabetic Living's dietitians scoured the supermarkets to find the most nutritious packaged snacks, and a panel of taste-testers (including people with diabetes) ranked the treats. From chips and dip to cookies and popcorn, see which snacks were awarded the Diabetic Living What to Eat Seal of Approval.



## Snack guide

Choosing a snack when you live with diabetes requires more than watching out for calories, carbs, fat, and sodium. Carefully selected snacks can help you get more of the nutrients many adults lack. A serving of each winning\* snack meets these nutrition criteria:

- 200 calories or less
- 30 grams of carbohydrate or less
- 240 milligrams of sodium or less
- Limited fat, saturated fat, and added sugars
- 0 grams of trans fat
- At least one nutritional plus, such as whole grains or vitamin C

\*Consumers taste-tested 75 finalist snacks from a field of 125 products that meet the criteria. See the finalists at [DiabeticLivingOnline.com/best-snacks](http://DiabeticLivingOnline.com/best-snacks).



### 1 BEST SWEET 100-CALORIE PACK

#### Honey Maid Cinnamon Roll Thin Crisps

The carb-controlled packs help you keep your hand out of the cookie jar.

**Plus:** The crisps have added calcium.

**Nutrition:** Per pack (about 18 crisps): 100 cal., 16 g carb., 3 g fat (1.5 g sat. fat), 1 g pro., 115 mg sodium, 0 g fiber; \$2.19/6-pack box; [nabiscoworld.com](http://nabiscoworld.com)

Taste tester says:

“You get a good quantity per serving, plus nice flavor.”

### 2 BEST POPCORN

#### Orville Redenbacher's SmartPop! 94% Fat Free Butter

Although this microwave popcorn has fewer calories and fat than typical movie theater popcorn, it has the same buttery, crisp taste that will make you want to pop in your favorite movie. **Plus:** You can check off 16 percent of your recommended daily fiber intake with one serving of this whole grain popcorn.

**Nutrition:** Per 3½ cups: 120 cal., 25 g carb., 2 g fat (0.5 g sat. fat), 4 g pro., 240 mg sodium, 4 g fiber; \$3.69/3-bag box; [orville.com](http://orville.com)



“Take this guide to the grocery store and spend less time reading labels and browsing aisles for convenient, nutritious, great-tasting snacks.”

# Top 25 Diabetic Snacks



## 3 BEST FLAVORED CRACKER

### Triscuit Thin Crisps Quattro Formaggio

Romano, Parmesan, cheddar, and Asiago cheeses flavor these triangle-shape crackers, which have a crisp, woven texture. **Plus:** They're baked with 100 percent whole grain wheat, and they're a good source of fiber.

**Nutrition:** Per 15 crackers: 140 cal., 22 g carb., 4.5 g fat (1 g sat. fat), 3 g pro., 160 mg sodium, 3 g fiber; \$3.49/8-ounce box; [triscuit.com](http://triscuit.com)



## 4 BEST TORTILLA CHIP

### Plocky's Original Three Grain Tortilla Chips

This hearty tortilla chip is flavorful by itself and perfect paired with salsa. **Plus:** Made of natural (non-genetically modified) whole grains.

**Nutrition:** Per 1 ounce (7-10 chips): 129 cal., 24 g carb., 4 g fat (0 g sat. fat), 2 g pro., 90 mg sodium, 2 g fiber; \$2.99-\$3.29/7-ounce bag; [plockys.com](http://plockys.com)

## 5 BEST SAVORY DIP

### Garden Fresh Gourmet Mild Guacamole

Creamy and flavorful, this avocado-base dip supplies heart-healthy monounsaturated fat. **Plus:** A serving has 10 percent of your daily fiber.

**Nutrition:** Per 2 tablespoons: 45 cal., 3 g carb., 4 g fat (1 g sat. fat), <1 g pro., 105 mg sodium, 2 g fiber; \$3.99/9-ounce tub; [gardenfreshsalsa.com](http://gardenfreshsalsa.com)



Taste tester says:

"Great flavor and texture. Tastes freshly made."

## 6 BEST FRUIT SNACK PACK

### Del Monte Fruit Naturals No Sugar Added Peach Chunks

These Splenda-sweetened peaches have 40 percent fewer calories than peaches in extra-light syrup and are sold refrigerated. **Plus:** A serving has 100 percent of your daily vitamin C.

**Nutrition:** Per 1/2 cup (half container): 40 cal., 12 g carb., 0 g fat, 1 g pro., 0 mg sodium, 2 g fiber; \$1.69/7.5-ounce container; [fruitundressed.com](http://fruitundressed.com)



## 7 BEST SAVORY 100-CALORIE PACK

### Sun Chips Harvest Cheddar 100 Calorie Mini Bites

The chips' portion-controlled pack counts as one carb choice (12 grams carbohydrate). **Plus:** Each crispy, cheesy bite packs the goodness of whole grain corn, wheat, and oats.

**Nutrition:** Per 1 pack (about 20 chips): 100 cal., 12 g carb., 4.5 g fat (0.5 g sat. fat), 2 g pro., 110 mg sodium, 1 g fiber; \$2.29/5-pack box; [fritolay.com](http://fritolay.com)



## 8 BEST NUTRITION BAR

### Nature Valley Crunchy Granola Bars, Oats 'N Honey

Each pack holds two crunchy and sweet whole grain oat bars. Eat one or both based on your carbohydrate allowance. **Plus:** Two bars supply a full serving of whole grains. Experts recommend eating at least three servings of whole grains daily.

**Nutrition:** Per 2 bars: 180 cal., 29 g carb., 6 g fat (0.5 g sat. fat), 4 g pro., 160 mg sodium, 2 g fiber; \$3.39/6-pack box; [naturevalley.com](http://naturevalley.com)

# Top 25 Diabetic Snacks

Taste tester says:

“Nice texture.  
Sweet but not  
too sweet.”



## 9 BEST DRIED FRUIT

### Sun-Maid Mediterranean Apricots

No sweetener is added to these flavorful dried fruits. Chop and add to plain yogurt for a sweet touch. **Plus:** They're a good source of antioxidant vitamin A and fiber.

**Nutrition:** Per  $\frac{1}{4}$  cup: 100 cal., 23 g carb., 0 g fat, 1 g pro., 15 mg sodium, 3 g fiber; \$2.89/7-ounce bag; [sunmaid.com](http://sunmaid.com)



## 10 BEST CANNED MEAT

### Starkist Solid White Albacore Tuna in Water

Perfectly portioned, easy-open cans make it simple to get a protein-rich snack with some serious staying power. **Plus:** Tuna is a natural source of heart-healthy omega-3 fats.

**Nutrition:** Per 3-ounce can: 110 cal., <1 g carb., 2.5 g fat (0.5 g sat. fat), 21 g pro., 240 mg sodium, <1 g fiber; \$3.61/3-can pack; [starkist.com](http://starkist.com)

## 11 BEST DAIRY DRINK

### Dannon Activia Dairy Drink, Strawberry

Your whole family will get hooked on this rich and creamy, nutrition-packed smoothie. **Plus:** Each bottle provides 20 percent of your daily calcium needs and 12 percent of your protein needs.

**Nutrition:** Per 5.75-ounce bottle: 160 cal., 27 g carb., 3 g fat (2 g sat. fat), 6 g pro., 60 mg sodium, 1 g fiber; \$3.89/4-bottle pack; [activia.us.com](http://activia.us.com)



## 12 BEST NOVELTY-SHAPE COOKIE

### Leclerc Praeventia Dark Chocolate Chip Cookies

These heart-warming cookies are made with whole grain oats, dark chocolate, and red wine extract. **Plus:** They're a good source of fiber.

**Nutrition:** Per 1 pouch (about 8 cookies): 150 cal., 21 g carb., 6 g fat (1 g sat. fat), 2 g pro., 95 mg sodium, 4 g fiber; \$3.49-\$3.79/7-pouch box; [praeventia.com](http://praeventia.com)



## 13 BEST PLAIN CRACKER

### Kashi TLC Original 7 Grain Crackers

These bite-size crackers fill your mouth with hearty crunch and a bit of sweetness. No wonder TLC stands for Tasty Little Crackers. **Plus:** A serving has 8 grams of whole grains (that's half a whole grain serving).

**Nutrition:** Per 15 crackers: 130 cal., 22 g carb., 3 g fat (0 g sat. fat), 3 g pro., 160 mg sodium, 2 g fiber; \$3.40/9-ounce box; [kashi.com](http://kashi.com)



## 14 BEST POTATO CHIP

### Kettle Baked Potato Chips, Hickory Honey Barbeque

Bold crunch and natural hickory-smoke flavor infuse these low-fat, gluten-free potato chips. **Plus:** They're a good source of vitamin C.

**Nutrition:** Per 1 ounce (about 20 chips): 120 cal., 21 g carb., 3 g fat (0.5 g sat. fat), 3 g pro., 160 mg sodium, 2 g fiber; \$2.79/4-ounce bag; [kettlefoods.com](http://kettlefoods.com)



# Top 25 Diabetic Snacks



## 15 BEST PUFFED CRISPS

### Genisoy Soy Crisps, Rich Cheddar Cheese

Tasty as a snack or a grab-and-go lunch side. **Plus:** With 14 percent of your daily protein needs, these crisps are anything but wimpy.

**Nutrition:** Per 17 crisps: 120 cal., 13 g carb., 4.5 g fat (1 g sat. fat), 7 g pro., 190 mg sodium, 2 g fiber; \$2.69–\$3.69/3.85-ounce bag; [genisoy.com](http://genisoy.com)

Find other foods (bread, ice cream, salad dressings) to eat with diabetes that meet the Diabetic Living Seal of Approval at [diabeticlivingonline.com/what2eat](http://diabeticlivingonline.com/what2eat)

Taste tester says:

“Nice flavor and texture. And you can’t beat the chocolate!”



## 18 BEST SWEET TRAIL MIX

### Planters Harvest Dark Chocolate Forest Blend

A satisfying mix of tart cranberries, roasted almonds, and dark chocolate-covered almonds. **Plus:** It’s a good source of vitamin E and heart-healthy monounsaturated fat.

**Nutrition:** Per ¼ cup: 170 cal., 18 g carb., 10 g fat (2 g sat. fat), 4 g pro., 45 mg sodium, 3 g fiber; \$5.99/9.25-ounce bag; [planters.com](http://planters.com)

## 17 BEST PLAIN YOGURT

### The Greek Gods Nonfat Plain Greek Yogurt

Don’t brush off plain yogurt until you’ve tried this thick and creamy Greek-style version. Add fruit (and count the carbs) or your choice of sweetener for a treat. **Plus:** A carton provides 25 percent of your daily calcium needs.

**Nutrition:** Per 6-ounce carton: 60 cal., 10 g carb., 0 g fat, 6 g pro., 105 mg sodium, 2 g fiber; \$1.39/carton; [greekgodsyogurt.com](http://greekgodsyogurt.com)



Taste tester says:

“This has good flavor and even a hint of sweetness.”



## 16 BEST PUDDING SNACK

### Jell-O Sugar-Free Pudding Snacks, Chocolate Vanilla Swirls

These refrigerated pudding snacks treat your taste buds to chocolate and vanilla with just 60 calories.

**Plus:** Each serving has 10 percent of your daily calcium needs.

**Nutrition:** Per 3.75-ounce container: 60 cal., 12 g carb., 1.5 g fat (1 g sat. fat), 2 g pro., 180 mg sodium, <1 g fiber; \$3.19/6-container pack; [jello.com](http://jello.com)



## 19 BEST FLAVORED YOGURT

### Dannon Activia Light Fat-Free Yogurt, Raspberry

This creamy, fruity yogurt provides a good hit of sweetness in an easy-to-tote, portion-smart container.

**Plus:** Each serving provides 12 percent of daily fiber and 15 percent of daily calcium needs.

**Nutrition:** Per 4-ounce container: 70 cal., 13 g carb., 0 g fat, 5 g pro., 75 mg sodium, 3 g fiber; \$2.69/4-container pack; [activia.us.com](http://activia.us.com)

# Top 25 Diabetic Snacks



## 20 BEST NUT BUTTER

### Simply Jif Creamy Peanut Butter

Peanut butter is the quintessential snack, and this variety has less sodium and sugar than regular peanut butter and a really smooth, peanutty flavor. **Plus:** It's a good source of antioxidant vitamin E.

**Nutrition:** Per 2 tablespoons: 190 cal., 6 g carb., 16 g fat (3 g sat. fat), 8 g pro., 65 mg sodium, 2 g fiber; \$2.70/17.3-ounce jar; [jif.com](http://jif.com)

Taste tester says:

“This melted in my mouth and has a great flavor.”

## 22 BEST SINGLE-SERVING CHEESE

### Laughing Cow Mini Babybel Light

These light and creamy cheese rounds are perfect on-the-go protein snacks that pair well with fruit or crackers.

**Plus:** They're rich in calcium.

**Nutrition:** Per 1 round: 50 cal., 0 g carb., 3 g fat (1.5 g sat. fat), 6 g pro., 160 mg sodium, 0 g fiber; \$3.99/6-round pack; [laughingcow.com](http://laughingcow.com)



## 24 BEST SWEET NUTS

### True North Peanut Clusters

Get ready to satisfy a salty/sweet craving with each bite of these crunchy nut clusters. **Plus:** They're a good source of magnesium, which may support healthy blood glucose.

**Nutrition:** Per 5 clusters: 170 cal., 9 g carb., 13 g fat (2.5 g sat. fat), 6 g pro., 75 mg sodium, 2 g fiber; \$3.29/5.5-ounce bag; [truenorthsnacks.com](http://truenorthsnacks.com)



## 21 BEST SAVORY SNACK MIX

### Quaker Snack Mix, Baked Cheddar

With a savory mix as cheesy and crunchy as this, you won't have to trick your family into eating nutritious snacks. **Plus:** It's an excellent source of iron.

**Nutrition:** Per  $\frac{3}{4}$  cup: 130 cal., 19 g carb., 4.5 g fat (1 g sat. fat), 2 g pro., 230 mg sodium, 1 g fiber; \$2.89/8-ounce bag; [fritolay.com](http://fritolay.com)

## 23 BEST VEGGIE SNACK

### Disney Garden Carrots For Your Lunchbox with Ranch Dip

These preportioned carrots and tubs of ranch dip make it easier than ever to eat your vegetables. **Plus:** They're rich in antioxidant vitamin A.

**Nutrition:** Per 1 bag carrots and 1 tub dip: 45 cal., 8 g carb., 1.5 g fat (0 g sat. fat), 4 g pro., 135 mg sodium, 2 g fiber; \$3.49/5-serving pack; [disneygarden.com](http://disneygarden.com)



## 25 BEST SAVORY NUTS

### Planters Harvest California Almonds

Go the extra mile with the staying power you'll get from these flavorful nutrition powerhouses roasted in sea salt (no added oil). **Plus:** An ounce has 35 percent of your daily vitamin E.

**Nutrition:** Per 1 ounce (25 nuts): 160 cal., 6 g carb., 14 g fat (1 g sat. fat), 6 g pro., 95 mg sodium, 3 g fiber; \$5.99/11-ounce bag; [planters.com](http://planters.com)

# Clip & Save



Clip out these quick recipes for on-the-go snacks and save them in a special place!

## Almond Breakfast Cookies



**1/2**  
fruit  
serving

**PER SERVING:** 196 cal., 9 g total fat (1 g sat. fat), 1 mg chol., 143 mg sodium, 27 g carb. (4 g fiber, 9 g sugar), 6 g pro. Exchanges: 0.5 fruit, 1 starch, 0.5 carb., 0.5 lean meat, 1.5 fat.

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## Almond Breakfast Cookies

**SERVINGS** 10 (1 cookie each)

**CARB. PER SERVING** 27 g **START TO FINISH** 40 minutes

3/4 cup all-purpose flour	1/2 teaspoon baking soda
1/2 cup whole wheat flour	1/4 teaspoon salt
1/2 cup oat bran	2 egg whites
1/2 cup unprocessed wheat bran	1/2 cup plain low-fat yogurt
1/2 cup finely chopped sliced almonds	1/4 cup packed brown sugar
1/4 cup finely snipped dried cherries	1/4 cup canola oil
3/4 teaspoon cinnamon	2 tablespoons sliced almonds

Preheat oven to 350°F. In a medium bowl combine first nine ingredients, through salt. In a small bowl combine remaining ingredients, except the 2 tablespoons almonds. Add egg white mixture to flour mixture, stirring just until moistened. Drop 1/4-cup portions of dough 2 inches apart onto lined cookie sheets, making 10 mounds total. Press reserved almonds into dough, flattening each mound to 1/2-inch thickness. Bake 10 minutes or until tops are lightly browned.

## Berry Smoothies



**5**  
minutes  
to make

**PER SERVING:** 164 cal., 0 g total fat, 4 mg chol., 130 mg sodium, 32 g carb. (5 g fiber, 14 g sugar), 9 g pro. Exchanges: 1 milk, 1 fruit.

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## Berry Smoothies

**SERVINGS** 2 (1 1/4 cups each)

**CARB. PER SERVING** 32 g

**START TO FINISH** 5 minutes

2 cups frozen mixed berries
or 1 cup frozen blueberries plus
1 cup frozen strawberries
1 6-ounce carton blueberry fat-free yogurt
1/2 cup light cranberry-raspberry juice
1/3 cup nonfat dry milk powder
1 tablespoon fresh blueberries (optional)

In a blender combine frozen berries, yogurt, juice, and dry milk powder. Cover and blend until smooth. Pour into two glasses. If desired, garnish with fresh blueberries.

## Blushing Julius



**9**  
grams  
protein

**PER SERVING:** 171 cal., 3 g total fat (0 g sat. fat), 2 mg chol., 69 mg sodium, 28 g carb. (1 g fiber, 23 g sugar), 9 g pro. Exchanges: 0.5 milk, 0.5 fruit, 1 starch, 0.5 lean meat.

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## Blushing Julius

**SERVINGS** 4 (1 cup each)

**CARB. PER SERVING** 28 g

**START TO FINISH** 10 minutes

- 1 12.3-ounce package soft silken-style tofu (fresh bean curd)
- 2 cups orange juice, chilled
- $\frac{2}{3}$  cup nonfat dry milk powder
- 8 frozen unsweetened strawberries
- 1 tablespoon honey
- 1 teaspoon vanilla
- 2 fresh strawberries, sliced (optional)

In a blender combine tofu, orange juice, dry milk powder, frozen strawberries, honey, and vanilla. Cover and blend until smooth. Pour into four glasses. If desired, garnish with fresh strawberries.

## Chocolate Chip Energy Bars



**4**  
grams  
fiber

**PER SERVING:** 235 cal., 10 g total fat (2 g sat. fat), 0 mg chol., 73 mg sodium, 32 g carb. (4 g fiber, 16 g sugar), 7 g pro. Exchanges: 2 starch, 1.5 fat.

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## Chocolate Chip Energy Bars

**SERVINGS** 6 (1 bar each)

**CARB. PER SERVING** 32 g    **START TO FINISH** 50 minutes

- |                                  |  |
|----------------------------------|--|
| $\frac{2}{3}$ cup rolled oats    | $\frac{1}{2}$ teaspoon vanilla                             |
| 3 tablespoons chopped walnuts    | 3 tablespoons flaxseed meal                                |
| 1 egg white                      | 2 tablespoons white whole wheat flour or all-purpose flour |
| 3 tablespoons packed brown sugar | 2 tablespoons semisweet chocolate pieces                   |
| 3 tablespoons peanut butter      |  |
| 2 tablespoons honey              |  |

Preheat oven to 350°F. Line a 9×5-inch loaf pan with foil, extending foil over edges of pan. Coat foil with *nonstick cooking spray*. Spread oats and walnuts on a baking sheet. Bake 5 to 10 minutes to toast, stirring often. In a bowl combine egg white, brown sugar, peanut butter, honey, vanilla, and dash *salt*. Stir in cooled oats, walnuts, flaxseed meal, flour, and chocolate. Spread mixture in prepared pan. Bake 15 to 20 minutes or until firm in the center. Lift uncut bars out of the pan. While still warm, cut crosswise into 1½-inch-wide bars.

## Mediterranean Salmon Spread



**PER SERVING:** 78 cal., 3 g total fat (1 g sat. fat), 18 mg chol., 227 mg sodium, 5 g carb., 1 g fiber, 9 g pro. Exchanges: 1 vegetable, 1 lean meat.

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## Mediterranean Salmon Spread

**SERVINGS** 4 (1/4 cup spread, 4 zucchini slices, and 2 endive leaves each) **CARB. PER SERVING** 5 g

**PREP** 15 minutes **CHILL** 2 hours

- 3 tablespoons light sour cream
- 2 teaspoons snipped fresh mint
- 1/8 teaspoon garlic powder
- 1 6-ounce pouch skinless, boneless pink salmon
- 1/3 cup bottled roasted red sweet pepper, drained and chopped
- 16 1-inch diagonal slices zucchini, with centers hollowed out slightly
- 8 Belgian endive leaves

1. In a small bowl combine sour cream, mint, and garlic powder. Stir in salmon and roasted pepper. Cover and chill 2 to 24 hours.

2. Stir spread. Spoon evenly onto zucchini slices and endive leaves. If desired, garnish with additional snipped fresh mint.

## Granola-Topped Caramel Fruit Dip



**PER SERVING:** 168 cal., 4 g total fat (2 g sat. fat), 4 mg chol., 65 mg sodium, 27 g carb., 3 g fiber, 9 g pro. Exchanges: 1 milk, 1 fruit, 0.5 fat.

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## Granola-Topped Caramel Fruit Dip

**SERVINGS** 4 (about 1/3 cup dip and 3/4 cup fruit each) **CARB. PER SERVING** 27 g **START TO FINISH** 25 minutes

- 2 tablespoons regular rolled oats
- 1 tablespoon sunflower kernels
- 1 tablespoon sliced almonds
- Butter-flavor nonstick cooking spray
- 1/8 teaspoon ground cinnamon
- 2 6-ounce cartons plain low-fat Greek yogurt
- 3 tablespoons sugar-free caramel topping
- 3 cups sliced apples, sliced kiwifruits, cut-up cantaloupe, and/or whole strawberries

1. In a small bowl combine oats, sunflower kernels, and almonds. Lightly coat with cooking spray and sprinkle with cinnamon; toss gently to coat. In a medium skillet cook oat mixture over medium heat 3 to 5 minutes or until toasted, stirring occasionally. Remove from heat and cool completely.

2. In a small bowl stir together yogurt and caramel topping. Transfer to a serving bowl. Sprinkle with oat mixture. Serve with fresh fruit for dipping.

## Veggie-Topped Rye Crisps



**4**  
grams  
fiber

**PER SERVING:** 144 cal., 5 g total fat (3 g sat. fat), 15 mg chol., 217 mg sodium, 21 g carb., 4 g fiber, 5 g pro. Exchanges: 1.5 starch, 0.5 fat.

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## Veggie-Topped Rye Crisps

**SERVINGS** 4 (2 topped crackers each)

**CARB. PER SERVING** 21 g **START TO FINISH** 20 minutes

- 1/2 cup light cream cheese spread, softened
- 1/2 teaspoon finely shredded lemon peel
- 1/2 teaspoon snipped fresh dill or  
1/4 teaspoon dried dill
- 1 small clove garlic, minced
- 8 3 1/2 x 1 1/2-inch crisp rye crackers
- 1/2 cup thin bite-size English cucumber strips
- 1/2 cup coarsely shredded carrot
- 1/4 cup thin bite-size radish strips

In a small bowl stir together cream cheese, lemon peel, dill, and garlic. Spread evenly on crackers. Top with cucumber, carrot, and radishes.

**MAKE-AHEAD DIRECTIONS:** Prepare cream cheese mixture as directed. Transfer to an airtight container; cover. Store in the refrigerator up to 2 days. Up to 4 hours before assembling the crisps, cut up the vegetables.

## Nutty Chocolate Crunch



**5**  
ingredients

**PER SERVING:** 193 cal., 9 g total fat (3 g sat. fat), 0 mg chol., 152 mg sodium, 30 g carb., 5 g fiber, 5 g pro. Exchanges: 1 starch, 1 carb., 1 fat.

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## Nutty Chocolate Crunch

**SERVINGS** 5 (1 cup each)

**CARB. PER SERVING** 30 g **START TO FINISH** 15 minutes

- 1/3 cup semisweet chocolate pieces
- 2 tablespoons sugar-free or reduced-calorie chocolate-flavor syrup
- 2 1/2 cups bite-size rice square cereal
- 1 cup whole bran cereal (shreds)
- 1/3 cup unsalted dry-roasted peanuts

**1.** Lay a large sheet of foil on a flat work surface; lightly coat with *nonstick cooking spray*. In a saucepan combine chocolate pieces and chocolate syrup. Cook and stir over medium-low heat until chocolate pieces are melted. Remove from heat.  
**2.** Add cereals and peanuts to melted chocolate; toss gently to coat. Spread onto the prepared foil to cool completely.

**TO STORE:** Place cereal mixture in an airtight container; cover. Store in the refrigerator up to 3 days.

## Turkey Asparagus Roll-Ups



**0**  
carb  
servings

**PER SERVING:** 59 cal., 2 g total fat (1 g sat. fat), 19 mg chol., 296 mg sodium, 4 g carb., 1 g fiber, 7 g pro. Exchanges: 0.5 vegetable, 1 very lean meat.

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light cream  
cheese



smoked turkey  
breast\*



cooked  
asparagus spears\*\*

## Turkey Asparagus Roll-Ups

**SERVINGS** 1

**CARB. PER SERVING** 4 g

1. Divide 2 teaspoons tub-style Philadelphia light cream cheese between 2 slices smoked turkey. Sprinkle lightly with black pepper.
2. Top each slice with a cooked, chilled asparagus spear. Roll up.

**\*TEST KITCHEN TIP:** Choose sliced turkey that is lower in sodium.

**\*\*TEST KITCHEN TIP:** To cook asparagus, discard the woody base of each spear. In a covered saucepan cook asparagus in a small amount of boiling water 3 to 5 minutes until crisp-tender. Drain and rinse in cold water to cool quickly. Drain well.

## Chicken and Peach Bite



**61**  
calories

**PER SERVING:** 61 cal., 1 g total fat (0 g sat. fat), 9 mg chol., 101 mg sodium, 9 g carb., 1 g fiber, 4 g pro. Exchanges: 0.5 fruit, 0.5 lean meat.

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canned  
chicken breast

fresh peach

white balsamic  
vinegar

sliced  
almonds

## Chicken and Peach Bite

**SERVINGS** 1 (1 peach half each)

**CARBS PER SERVING** 8 g

Spoon 1 tablespoon Tyson canned chunk chicken breast in water into the center of peach half. Drizzle peach half with 1 teaspoon white balsamic vinegar and sprinkle with 1 teaspoon toasted and chopped sliced almonds.