

“15 gram” SNACK IDEAS

The following snacks all have 10-20 grams of carbohydrate per serving

Milk

- 1 cup any white milk
- 1 cup fruited yogurt sweetened w/NutraSweet
- ½ cup chocolate milk



Fruit

- 1 small apple, banana, kiwi, or orange
- 15 grapes
- 1 cup of melon
- 1 ¼ cup whole strawberries
- ½ cup canned in own juice or light syrup
- 1 medium peach
- ½ large pear or grapefruit
- 2 small tangerines or plums
- ½ cup unsweetened applesauce
- ½ cup fruit juice
- 2 T. raisins or 1 mini box



Breads/cereals/grains

- 1 waffle w/ 2 T. sugar-free syrup
- 1 slice of toast w/butter or sugar-free jelly
- ½ meat, cheese, or peanut butter sandwich
- ½ cup dry cereal, sweetened
- ¾ cup dry cereal, unsweetened
- ½ cup cooked cereal
- 1 6 in. flour or corn tortilla
- 1 6 in. cheese quesadilla
- 6-8 Saltine or Ritz crackers
- 1 slice of French toast w/sugar-free syrup



Other carbs

- 1 oz. of potato/snack chips
- 15 mini pretzels
- 4 peanut butter or cheese sandwich crackers
- 1 popsicle
- 2 sandwich cookies
- 3 graham cracker squares
- 2 in. square of unfrosted cake
- 5 vanilla wafers
- 1 fruit roll-up
- ½ cup ice cream (chocolate, strawberry, vanilla)
- 8 animal crackers
- ½ cup sugar-free pudding
- 2” x 2” rice krispie treat
- ¼ bag of popcorn
- 1 cup sport drink (Powerade, Gatorade, etc.)
- 1 fudgesicle
- 1 pouch of fruit snacks
- ½ cup Goldfish crackers
- 1 homemade 3 in. cookie
- 4-6 chicken nuggets
- 10-15 french fries
- 1 small pkg. of Teddy Grahams

