

Snack Ideas for Children with Type 1 Diabetes and Celiac Disease

Healthy snacks are a great way to stay fueled between meals and add extra nutrients to your diet! This handout will help you pair a healthy carbohydrate (fewer than 15-20 grams), or carb, with a healthy protein for a well balanced snack that will keep you full. These are also gluten free (GF)!

Choose 1 food item from the Carbohydrates box. Then, pair your carbohydrate item with 1 food item from the Protein box. Eat your Carbohydrate and Protein foods together for a yummy and nutritious snack that will keep you full! GF means gluten-free.

GF CARBOHYDRATES (CARBS)

Each GF carbohydrate food has **15-20 grams** of carbohydrate.

- ½ of 1 GF English muffin (13g)
- 1 slice of GF bread (14g)
- 6-inch corn tortilla (15g)
- 8 GF Rice Thins® crackers (15g)
- 2 Brown rice cakes (15 g)
- 2 cups of popcorn (13g)
- 1 cup of raw cucumber (3g)
- 1 cup of raw carrots (10g)
- 1 cup of red, green, yellow or orange peppers (9g)
- 1 cup of cherry tomatoes (6g)
- 1 cup of celery (4g)
- 15 grapes (13g)
- 1 cup of cantaloupe (14g)
- 1 cup of watermelon (12g)
- 1 cup of honeydew melon (16g)
- 1 cup of strawberries (11g)
- 1 cup of raspberries (15g)
- ¾ cup of blueberries (16g)
- 1 medium apple (20g)
- 1 medium peach (15g)
- 2 medium plums (16)
- 1 medium kiwi (10g)
- 1 medium nectarine (15)
- ½ of 1 medium banana (14g)
- ½ of 1 medium pear (14g)
- ¾ cup of pineapple (16g)
- ½ cup of diced or canned mango in water/100% juice (13g)
- ½ cup of diced or canned peaches in water/100% juice (14g)
- ½ cup of diced or canned pears in water/100% juice (11g)

PROTEIN

Each protein food has 0-1 gram of carbs unless it says otherwise

- 1 slice of cheese
- ¼ cup of cottage cheese
- 1 egg
- 1 tablespoon of peanut butter (3g)
- 1 tablespoon of nut butter (2-4g)
- 2 slices of GF deli meat
- 2 tablespoons of GF hummus
- 1-2 tablespoons of light salad dressing
- 1 stick of string cheese
- 1 ounce (1 handful) of nuts
- ¾ cup of plain yogurt (12 g)
- ½ - ¾ cup of vanilla or light yogurt (16 g)



HEALTHY SNACK AND MEAL RECIPES

ANTS ON A LOG *13g of carbs*

You will need...

- 1 celery stick
- 1 tablespoon of peanut butter
- 1 tablespoon of raisins



Here's how you make it!

1. Fill your celery stick with peanut butter.
2. Stick the raisins on top the peanut butter.

CUCUMBER HUMMUS SANDWICH *7g of carbs*

You will need...

- 2 tablespoons GF hummus
- 12 slices of English cucumber (1 cup)



Here's how you make it!

1. Spread a little hummus on 1 slice of cucumber.
2. Top with a second slice of cucumber. Make 6 of these sandwiches.

GUACAMOLE AND CHIPS *18g of carbs*

You will need...

- 10 corn tortilla chips
- ¼ cup avocado
- Salt and pepper, as much as you'd like



Here's how you make it!

1. Mash your avocado in a bowl with a fork.
2. Add salt and pepper, dip your chips and enjoy!

PARMESAN POPCORN *13g of carbs*

You will need...

- 2 cups of air popped or microwave popcorn
- ¼ cup grated Parmesan cheese
- Pepper, as much as you'd like



Here's how you make it!

1. Pop your popcorn in the microwave or air popper.
2. Sprinkle Parmesan cheese and pepper over your popcorn and toss until it is evenly coated.

YOGURT PARFAIT *15g of carbs*

You will need...

- ½ cup of plain, low-fat or non-fat yogurt
- ½ cup frozen strawberries or raspberries
- 1 handful of chopped nuts, if you'd like



Here's how you make it!

1. Defrost your berries in the microwave by placing them on a plate. Put the microwave on "defrost" for 30 seconds or until the berries are softened, but not hot.
2. Sprinkle your berries and nuts on top of your yogurt.

CHEESY QUESADILLA *15g of carbs*

You will need...

- 1 6-inch corn tortilla
- ¼ cup shredded cheese, like Mexican or Cheddar
- 2 tablespoons of your favorite salsa



Here's how you make it!

1. Spread your salsa and cheese on top of your tortilla. Fold the tortilla in half so your salsa and cheese don't fall out.
2. Spray a skillet with cooking spray. Heat the skillet over medium heat.
3. Cook your quesadilla for 4-5 minutes on each side until it's light brown.

You can also microwave your quesadilla to save time! Heat for 30 seconds in the microwave or until the cheese is melted.

ONE-EYED JACK *15g of carbs*

You will need...

- 1 slice of GF bread
- 1 teaspoon of oil
- 1 egg



Here's how you make it!

1. Heat your oil in a skillet. Cut out a hole in the middle of your bread. Place the bread in the skillet.
2. Crack your egg into the hole in the bread. Cook the bread and egg for about 1 minute.
3. Flip your bread and egg over to cook the other side. Add salt and pepper and enjoy!

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