

# Snack Ideas for Children with Type 1 Diabetes

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. The back of this handout will also give you some fun snack recipes!

**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!**

## CARBOHYDRATES (CARBS)

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

- ½ of 1 whole wheat English muffin (13g)
- 1 slice of whole wheat bread (14g)
- 6-inch tortilla (15g)
- 5 Triscuits® crackers (17g)
- 12 Wheat Thins® crackers (17g)
- 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 **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 deli meat
- 2 tablespoons of 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 of 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 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 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!

## Pediatric Endocrine and Diabetes Center

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