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.

¾ 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)
3/4 cup of blueberries (16g)
1 medium apple (20g)
1 medium peach (15g)
2 medium plums (16)
1 medium kiwi (10g)
1 medium nectarine (15)
¾ of 1 medium banana (14g)
¾ 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 f 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
¾ 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!