

Carbohydrate snacks

Information for patients and families

When might I need a snack?

1. If you are doing physical activity
2. If your bedtime blood sugar is less than 7 mmol/L
3. If you have had alcohol
4. If you were unable to eat your full meal

Fruit snacks

Carbs (grams)

- One small piece of fruit (apple, pear, peach, ½ banana) 15
- 1 cup of melon or pineapple 15
- 2 cups of strawberries or raspberries 15
- ½ cup canned fruit in light juice (or water) 15 (10)
- ¼ cup dried fruit 15
- 1 cup unsweetened applesauce with a bit of cinnamon 15

Milk Snacks

Carbs (grams)

- 1 container (175g) low fat yogurt with sweetener 15
- 1 cup milk 15
- ½ cup low fat cottage cheese with 1 cup sliced strawberries or half a small apple chopped 15.5
- 1/3 cup tzatziki with ½ cup carrot sticks 14

Starch snacks

Carbs (grams)

- 30 pretzel sticks or 7 large pretzels 15
- 3 cups low fat microwave popcorn 15
- 1 slice toast or ½ English muffin with 1
tablespoon light jam or 1 tablespoon peanut butter 17.5
- ½ cup cereal with ⅓ cup milk 20
- ¼ cup hummus with ½ small, whole wheat pita 15
- 7 soda crackers with 2 tablespoons peanut butter
or 2 ounces of low fat cheese 15
- 3 graham crackers or 3 plain cookies 15

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This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

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