

ONE-CARBOHYDRATE SERVING SNACKS (15 GM OF CARBOHYDRATES)

1 small piece of fresh fruit (4 oz.)

1/2 cup canned or frozen fruit in 100% fruit juice
4 oz. apple slices with 1 Tbsp. peanut butter

8 oz. milk

1 small container of fat-free or light yogurt
1 small container of plain Greek yogurt with

1/3 cup blueberries

1 cup raw carrots with hummus

1 cup raw or 1/2 cup cooked edamame

1/2 corn on the cob

3 cups vegetable salad with 1 Tbsp. salad dressing

10 green olives or 8 black olives 6 almonds

1/2 cup cooked oatmeal 6-8 crackers

2-5 whole wheat crackers with low fat cheese

1/2 cup black beans or starchy vegetable
1 slice whole wheat bread with

1 tbsp. peanut butter

1/2 pita bread with hummus

1/3 cup cooked couscous or quinoa with vegetables

3/4 cup pretzels

3/4 cup dry bran cereal 3 cups popcorn



TWO-CARBOHYDRATE SERVING SNACKS (30 GM OF CARBOHYDRATES)

2 slices of bread with turkey
1 cup cubed cantaloupe with

1/4 cup cottage cheese

1 small, 6-inch tortilla with 1/2 cup beans

3/4 cup unsweetened cereal with 8 oz. milk

3, 2 1/2 inch graham cracker squares with 17 grapes

1/2 cup plain, dry shredded wheat cereal with 2 Tbsp. raisins

20 tortilla chips with salsa

8 dried apricots with 6 oz. light yogurt

1 slice whole wheat bread topped with peanut butter, and apple slices