

Healthy Daytime Snacks!!!!



Snacks, besides being fun to eat, may help prevent low blood sugar levels and provide energy if you are planning on exercising. If you take NPH in the morning, no morning snack is needed, unless active, but an afternoon snack 2-3 hours after lunch is important. Make sure you allow 2 hours in between eating your afternoon snack and testing your blood sugar before dinner to give an accurate blood sugar reading. You may also use these as bedtime snacks if needed based on a blood sugar below 100 mg. If patient under the age of 5, a blood sugar above 130 mg is recommended. Again, allow 2 hour span between dinner carbs and testing sugar before sleeping to get an accurate blood sugar reading.

Examples of 15-20 Gram Carb Snacks (Always Check Labels)

- 1 small (4 oz) apple or orange (Fist Size) or ½ banana (4 oz)
- Pretzels (Try Whole Wheat)-about 18 small pretzels
- Popcorn cakes-about 2 cakes
- ½ small bagel with light or whipped cream cheese, nut butter spread or lowfat/light cheese
- Yogurt (4 oz) without high fructose corn syrup. Try Yoplait Digestive Health, Stonyfield, Yo-Baby, Horizon. Top with nuts, ground flax seed.
- 3 cups air popped popcorn or trans-free/non-hydrogenated microwave popcorn. Try sprinkling with parmesan cheese, chili/lime, salt/pepper.
- 1 ½ graham crackers-(Try whole wheat.) Spread with nut butter, whipped or light cream cheese.
- ½ cup low fat ice-cream (Check ingredients-you should know what your eating. Bryers all natural is a good brand)
- 2 Tablespoons raisins/cranberries plus nuts and seeds
- ½ cup unsweetened applesauce
- 1 whole fruit juice bar

Special Suggestions

1. Encourage fresh fruit rather than juice as a routine snack, unless blood sugar is low.
2. If patient does not want a snack prior to activity, speak to your diabetes doctor about how to decrease your “acting” insulin around exercise prior to activity.
3. If the child is still hungry after the snack, offer water, popsicles made with Crystal-Light, non-starchy veggies such as carrot sticks, jicama, cucumber, celery and peanut butter, light cheese sticks, lean deli meats such as turkey, cubed chicken, nut butters.

Examples of 30-35 Gram Carb Snacks (Always Check Labels)

- One small bagel (Palm size) with above suggestions
- 1 oz baked tortilla chips with salsa, low fat cheese, guacamole
- 1 granola bar-(Look for those free of high fructose corn syrup and hydrogenated oils.) Try Cliff Kids or GNU bars
- 1 whole 8 oz banana
- 4 oz fruit cup with 1 cup milk (2% or less)
- 1 cup Cheerios/Kashi Heart to Heart with milk-(Look for cereals with fiber above 3 grams)
- ¼ cup dried fruit mixed with sunflower seeds
- 15 baked potato chips
- 2 fig cookies and 1 cup milk
- 14 animal crackers and ½ cup milk
- Annie's whole wheat cheddar bunnies with edamame
- Pomegranate seeds sprinkled onto 6-8 oz yogurt

Summer Creamsicles and Popsicle Recipes

Yogurt Creamsicles

Combine:

½ cup plain skim milk yogurt (10 grams)

½ cup fruit juice concentrate, undiluted (45 grams)

Freeze in Popsicle molds until solid.

Total Mix=55 grams of Carb

Fruit Popsicles

Combine and Blend:

1 cup fresh or frozen fruit: Berries, peaches, bananas (30 grams)

½ cup apple juice concentrate, undiluted (45 grams)

Freeze in Popsicle molds until solid.

Total Mix=75 grams



Crystal Light Popsicles

Prepare 1 gallon any flavor Crystal Light and pour into molds filling ½ full.

Add 2 Tablespoon favorite berries or grapes into Crystal Light Mix.

Each Popsicle=5 grams (Basically free of Carb)

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Why did the tomato blush? ...because he saw the salad dressing ☺

