

The Diabetes Education Centre

Snack Attack!

To raise blood glucose more rapidly, choose a snack that is carbohydrate only.

For a slower, more long lasting blood glucose response, choose a snack that has carbohydrate combined with protein and fat. Remember to consider this protein and fat as part of your total daily “budget” to avoid weight gain.

One Carb Choice	Two Carb Choices
= approximately 15 grams carbohydrate × = contains fat ● = contains protein	= approximately 30 grams carbohydrate × = contains fat ● = contains protein
1 whole small apple, orange, peach, pear, kiwi, plum or 12-15 grapes or cherries. <ul style="list-style-type: none"> ▪ To add a little protein and healthy fat, try a little peanut butter on apple wedges. ● × ▪ Try freezing seedless grapes! Fruit cup in light syrup or juice, drained Applesauce snack cup <i>SunRype Fruit-to-Go Bar</i> <i>OceanSpray Low Calorie Cranberry Cocktail (300ml)</i> <i>V8 Juice - Regular or Low Sodium (340 ml can)</i> <i>Hapi Wasabi Coated Green Peas (½ cup)</i>	1 whole medium-large banana 1 mango Raisins, dried fruit 1/4c (may be in nut mixture, like Trail Mix ● ×) <i>SunRype Fruit & Veggie or Energy-to-Go Bars</i> Fruit Juice – 200-250 ml drinking box
Skim or 1% milk ● (250ml or 1 cup) “Lite” hot chocolate ● (250 ml or 1 cup) <i>Jello artificially sweetened Instant Pudding</i> (1 serving prepared with 1% milk) <i>Kozy Shack no sugar added pudding (2x113g cup)</i> <i>Cravings Low Fat Cheesecake (1x70g cup)</i> <i>Silhouette Smoothie (200ml) ●</i>	Yop yogurt drink – 250 ml mini jug ● Pudding cup, ready to eat, made with sugar
Yogurt ● – low fat, artificially sweetened <ul style="list-style-type: none"> ▪ <i>Astro Fat Free (174 g cup)</i> ▪ <i>Danone Silhouette (2x100g cup)</i> ▪ <i>Yoplait Source (2x100 g cup)</i> ▪ <i>Neilson Light (175g cup)</i> <i>Nordica Cottage Cheese with Real Fruit on the Bottom (113g cup) ●</i>	Yogurt ● – low fat sweetened with sugar <ul style="list-style-type: none"> ▪ <i>Beatrice Low Fat with Fruit on bottom (175g cup)</i> ▪ <i>Yoplait Fat Free (175g cup)</i> ▪ <i>Astro Smooth’n Fruity (135g)</i>
<i>Chapman’s Frozen Yogurt- ½ c</i>	<i>Chapman’s Frozen Yogurt 1 cup</i>
<i>Glucerna Bar ● ×</i> <i>Boost Drink ● ×</i>	
<i>Glucerna Shake (235 ml – 1 ½ choices) ● ×</i>	

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<p>One Carb Choice = approximately 15 grams carbohydrate × = contains fat ● = contains protein</p>	<p>Two Carb Choices = approximately 30 grams carbohydrate × = contains fat ● = contains protein</p>
<p>Granola /Cereal Bars ×</p> <ul style="list-style-type: none"> ▪ All Bran Bars ▪ Plain Granola Bars ▪ Fiber 1 Granola Bars ▪ Nature Valley Fiber Source Bars ▪ Praeventia Bars (1 pouch) <p>Glucerna Bar ● ×</p> <p>Rice Cake (2 large)</p> <p>Quaker Crispy Minis × (12 crisps)</p> <p>Sesame Snaps ● × (4 wafers/pkg)</p>	<p>Granola /Cereal/Energy Bars ×</p> <ul style="list-style-type: none"> ▪ Carnation Breakfast Bar ● ▪ Vector Bar ● ▪ Quaker Chewy Bars ▪ Nature Valley Bars (2/pouch) ▪ Nutrigrain Bar ▪ SnackWells Bar ▪ Nature's Path Optimum ● <p>Daryl's Natural Granola Bar ● ×</p> <p>Clif Bars (2 ½ carbs) ● ×</p> <p>Quaker Oatmeal to Go Bars (2 ½ carbs) ● ×</p>
<p>Small whole grain crackers +/- × (4-6 with ¼ c hummus ● × and vegetables)</p> <p>Suzie's Flatbread Multiseed/Multigrains (3 flatbreads)</p> <p>Melba toast or cocktail rye (4 sl)</p> <p>RyeVita – Dark or Light (4 sl)</p> <p>Ry-Krisp - Natural or Sesame (5 crisps)</p> <p>Ry-Krisp – Seasoned (3 crisps)</p> <p>Wasa Organic/Hearty or Sesame (2 sl)</p>	<p>Small muffin × (eg: Maplehurst)</p> <p>Whole wheat English muffin</p> <p>Pita Bread (2oz)</p> <p>Passover Matzos (1 board)</p>
<p>THINaddictives Pistachio Almond or Chocolate Almond Thins × 3 cookies (1 single serving pack)</p> <p>Christie Thinsations (1 single serving pack)</p> <p>Praeventia Cookies × (1 single serving pack)</p> <p>President's Choice Blue Menu Oatmeal Raisin Cookie × (2)</p> <p>Dare Simple Pleasures (except Almond or Digestives, Oatmeal) (3)</p> <p>Dare Simple Pleasures Almond × (3)</p> <p>Dare Simple Pleasures Digestive or Oatmeal × (2)</p> <p>Peak Freans Lifestyle Bran Crunch Biscuits × (2)</p> <p>Peak Freans Lifetsyle Blueberry Brown Sugar Biscuits (3)</p>	<p>Dad's Original Oatmeal cookies × (1 snack package 2 x 3 inch cookies)</p> <p>Pan Ducale Plain or Whole Wheat Biscotti (5 biscuits)</p> <p>ShaSha Bread Co. Cocoa or Ginger Snaps (14 snaps)</p> <p>Presidents Choice Blue Menu Whole Wheat Fig Bars (2)</p>
<p>"Ocean's SnackKit – Tuna or Salmon ● ×</p>	<p>Sandwich- 2 slices bread +filling ● ×</p>