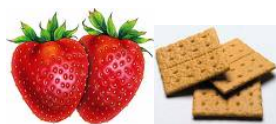


Diabetic Snack Suggestions

Between-meal snacks are a great way to supply yourself with the extra vitamins, minerals, & fiber needed for a healthy pregnancy. Snacks are also important in keeping your blood sugar normal throughout the day. Try these ideas.



- 1 piece or ½ cup sliced fresh fruit (try cantaloupe, strawberries, grapefruit, apricot, mango, watermelon, figs or papaya)
- 3 graham cracker squares

2 carbohydrate portions



- ½ cup cereal
- 8oz glass lowfat milk

2 carbohydrate portions



- 2 corn tortillas
- meat
- cheese
- pico de gallo

2 carbohydrate portions



- 3 cups popcorn (microwave light popcorn or air-popped with a small amount of oil)

1 carbohydrate portion



- 1 broiled tortilla
- lowfat cheese

1 carbohydrate portion



- 15 small pretzels

1 carbohydrate portion



- meat
- cheese
- 1 slice whole grain bread
- lettuce & tomato

1 carbohydrate portion



- ¼ cup cottage cheese
- ½ cup sliced fresh fruit

1 carbohydrate portion



- 6 whole grain crackers
- 1 oz lowfat cheese

1 carbohydrate portion



- 1 slice bread
- 2 tbsp peanut butter (no added sugar)

1 carbohydrate portion



- 6oz yogurt
- ¾ cup berries

2 carbohydrate portions



- raw vegetables/ salad
- cheese
- nuts

No carbohydrates