

Diabetes On-the-Go!

Here are some great ideas for snacks when you don't have time to prepare your own:



Sargento Balanced Breaks:
1 carbohydrate portion



40 Goldfish:
1 carbohydrate portion



Chobani Flip:
2 carbohydrate portions



Del Monte Fruit Naturals No
Sugar Added:
1 carbohydrate portion



Nature Valley Oats 'n Honey bar:
1 carbohydrate portion
If you eat both bars in package:
2 carbohydrate portions



Mini Babybel Light cheese:
No carbohydrates



Skinny Pop 100 calorie pack:
1 carbohydrate portion



1 small orange:
1 carbohydrate portion



Breakstone Cottage Cheese
Doubles:
1 carbohydrate portion